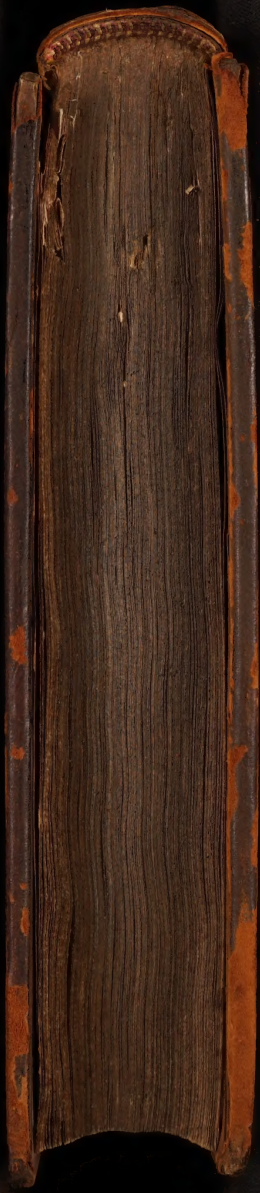
VENNER

—

VIA RECTA



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VIA RECTA AD Vitam Longam.

OR,

A plain Philosophicall Demonstration of the Nature, Faculties, and Effects of all such things as by way of nourishments make for the preservation of health, with divers necessary dieteticall observations; as also of the true use and effects of Sleep, Exercise, Excretions, and Perturbations, with just applications to every age, constitution of body, and time of yeere.

By TO. VENNER, *Doctor of Physick in* Bathe.

Whereunto is annexed by the same Author, a necessary and compendious Treatise of the famous Baths of *Bathe*, with a Censure of the medicinable faculties of the water of Saint *Vincent's* Rocks neere the City of *Bristoll*.

As also an accurate Treatise concerning TOBACCO.

LONDON,
Printed by *R. Bishop*, for *Henry Hood*, and are to be sold at his shop in Saint *Dunstans* Churchyard in Fleetstreet. 1638.

Thomas Whitaker
his Book

presented by
Mr John Upham
of Bath
the 2nd of July 1821.

AVGVSTISSIMO
CHRISTIANI ORBIS
MONARCHÆ,

CAROLO,

D. G.
MAGNÆ BRITANIÆ,
FRANCIÆ, ET HIBERNIÆ
REGI POTENTIS-
SIMO,

PROSPERVM
IMPERIVM IN HAC VITA;
cum æterna fœlicitate in vita
futura comprecatur,

ATQVE
In fidelis animi teſtimonium, debitæque
ſubjectionis Symbolum,

OPVS
Hoc ſalutiferum humillimè offert,
dicat, conſecrat

To. Venerus.

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OF THE NATVRE AND CHOICE Of Habitable Places.

SECT. I.

Whether a temperate Ayre be the best and wholesomest for the preservation of life?

SEeing that, for the continuance of life and health, there is so great respect to bee had of the Ayre (for without it we can scarcely live a moment of time) and place of habitation, as of the meats wee eat; I therefore thought it meet to begin my first Section, with the knowledge of those things that demonstrate the salubritie of habitable places, which is expended chiefly in three things; in pureneſſe of the Ayre, quality of the soyle and situation, and wholesomneſſe of the water: from which every man may easily gather and conceive of the healthfulneſſe of his habitation. And first as concerning

The beſt and wholeſomeſt Ayre.

the Ayre: that is the beſt and wholeſomeſt to preſerve life, which is ſubtile, bright, and cleare, not mixt with any groſſe moiſture, or corrupted with filthy or noyſome vapors, which alſo with calme and pleaſant windes (for great and boiſterous windes are to the lungs, eyes, and eares hurtfull) is gently moved: for ſuch Ayre is in ſubſtance pure, in qualities temperate, and therefore moſt wholeſome. But the Ayre that is infected with corrupt and filthy vapours, evaporating or breathing out of ſtanding pooles, channels, or other impure places, which in moſt Townes and Cities through the neglect of the Magiſtrate, is very frequent and two offenſive, or which is ſo ſhut up with hills or mountaines, that it cannot bee freely perflated and purified with the windes, is not fit for preſerving of health; like as neither that, which is affected with too much heat or cold, or ſuffereth often and ſuddaine mutations. For as a pure, cleare, and temperate ayre is good for every age and conſtitution: even ſo impure, groſſe, cloudy and intemperate ayre is to every age and conſtitution hurtfull. Therefore touching the knowledge of the goodneſſe of the ayre, it muſt be conſidered that it bee not vaporous, moyſt, or putrid, nor too hot, or too cold, not over-moyſt, or dry: for a vaporous, cloudy, groſſe or putrid ayre doth cauſe rheumes, annoy the lungs, corrupt the humors, infect the heart, deject the ſpirits, and ſubvert the habite of the whole body, inducing often very malignant and contagious ſickneſſes.

Aire vaporous groſſe or putrid.

Aire too hot.

Ayre too hot doth relaxe the joynts, reſolve the humors, and ſpirits, caſt downe the ſtrength, greatly weaken

weaken the concoction, with all other functions of the vegetall faculties, because it dissolveth and draweth out the naturall heat. Moreover, it maketh the colour yellow, because it corrupteth the blood which rubifieth the colour, and causeth choler to exceed other humours. Last of all, it heateth the heart with an unnaturall heat, it dissolveth, wasteth, and consumeth the humours, and causeth them to putrifie, and flow to the concavities and weak parts of the body; and therefore it is not agreeable to healthy bodies: Notwithstanding it is availeable for over-cold, moist, hydropick, and paralitick bodies, and such as are affected with the cramp proceeding of too much cold and moisture.

But ayre temperately hot doth maintaine the naturall heat, confirme the strength, and maketh all the operations of the body more lively: it is very comfortable and agreeable to every constitution. Temperate Ayre.

Aire too cold is of a congelative power, and therfore weakneth the sinewes, and greatly hurteth the braine, breedeth catarrhes, and * Asthmaes, and extinguisheth the naturall heat, especially in weake bodies, by congeling the substantiall moisture thereof, and consequently it being not able to actuate as it ought, putrifieth. It is lesse hurtfull, nay, sometimes profitable to bodies that are exceeding hot: and to sound bodies it is more convenient and agreeable than aire that is over-hot. Aire intemperately cold.

* *Asthma* is a disease, when the lungs are so stopt and clogd with Phlegme, as that they cannot dilate themselves: by reason wherof, a man cannot breath but with wheasing, panting, &c.

But aire meanely cold is healthfull, because it impelleth the naturall heat into the inner parts, and so causeth a strong digestion, provoketh the appetite, and maketh all the hidden operations of nature Aire meanely cold.

more effectuall: For such a coldnesse is proportionably contrary to the naturall heat, by reason whereof, the naturall and genuine heat is by an Antiperistesis fortified, and the digestion, which is the root of life, confirmed.

Aire too moist. Aire too moist, such as is commonly in marish and low places, is to all bodies most hurtfull, because it too much lenifieth and moistneth the body, and filleth it with excrementall humors, and causeth distillations, the very root almost of all diseases of the braine and sinewes, as Crampes, Palsies, &c. with paines in the joynts; and to speake all in a word, a generall torpidity both of minde and body.

Aire indifferently moist. But that aire which is meanely moist, especially in the Summer time, is agreeable to most complexions; for it maketh a good colour, softneth the skin, and openeth the pores, whereby is caused the better diffiation, and discussion of vaporous superfluities, but yet it somewhat maketh the humors prone to putrefaction. This Aire verily is very agreeable to bodies of a dry constitution, but unto other, by reason that it soone causeth putrefaction of humours, it is farre lesse convenient.

A dry Aire. A dry Aire is contrary unto this, and it is most agreeable to moist constitutions.

Now these things, which I have hitherto declared, concerning the election of Aire, being considered, it doth plainly appeare, that of the same a temperate mediocritie in caliditie, frigiditie, humiditie, and siccitie, as much as possibly may be; besides the lucid and cleare substance of it, is for the preservation of health to be desired, because such Aire doth

cause and conserve the health of the inhabitants. For nothing verily causeth the body to be more lively and jocund, and lesse dull and unapt about the voluntary and animall motions, than to live in a pure, cleare, and temperate Aire, which hath in it no mixture of any filty or offensive vapour. And there are two things that doe plainely manifest the wholesomenesse of such Aire, as first, places free from very low Valleys, and Moores, and foggie Mistes in the night; then the bodies of the Inhabitants, as an acute wit, a sound and lively colour, a stable integrity of the head, quick sight, perfect hearing, sound smelling, cleare voyce, and no difficulty of breathing, or unlustinesse of the limmes: For by these signes the wholesomenesse of the Aire is approved, and by the contrary the offensive and noysome breath thereof is detected.

What things declare the wholsomnesse of the Aire.

But seeing that it is not every mans lot to life in a pure and healthy Aire, and such is the necessity of the Aire, that even for a moment of time it cannot be eschewed, it must needs follow, that from it our bodies receive very great alterations: Wherefore the evilnesse of the Aire being knowne, and the alteration which it maketh in our bodies considered, it may be easie in our meat, drinke, exercise, &c. to object the contrary, which may much hinder, infringe, and attemper the action and power of the Aire; but yet I counsell all such as are truly generous, that they make their habitations, so much as may be, remote from low, fennie, and mooriſh places; for the health of the body ought to be preferred before any pecuniary profits.

Whether the change of Aire, which is ſeene in every quarter of the yeere, may be deemed neceſſary for the preſervation of health; ſeeing that we finde by yeerly experience, divers diſeaſes to accrew and have their beginning with the ſeaſon.

ALthough alteration of the Aire in every quarter of the yeere doth diverſly affect our bodies, and produce diſeaſes, Nature being not able to undergoe the ſudden changes of the ſame; yet this change and viciſſitude of times, is not onely pleaſant and delightſome, but alſo very neceſſary for the preſervation of health. For if one cold and moiſt ſeaſon of the yeere can in Phlegmatick bodies, occaſion Palſies, Apoplexies, Dropſies, and the like: an hot and dry ſeaſon, in cholerick bodies, acute Fevers, Frenſies, and the like: how much more then would theſe and more contagious ſickneſſes be occaſioned, if two or three ſeaſons of the yeere, or the whole yeere ſhould be of one and the ſame temperature? Wherefore Almighty God, for the ſingular comfort and commodity of man, hath ordered, that the exceeding temperature of one ſeaſon, ſhould be corrected by the contrary of another.

VVhy are not men commonly ſo healthy in their ſtate of body, nor ſo acute in the actions of their mind, in that ſeaſon of

And from hence it may eaſily be collected, why men commonly are not ſo healthy in their ſtate of body, nor ſo acute and exact in the actions of their minde, in that ſeaſon of the yeere, which in its temperature is correſpondent to the temperature of their bodies, as in that which is not anſwerable, or is contrary thereunto. For like being added to its

its like, augmenteth the ſame, and ſoone cauſeth a diſcraſie, a putting of the body and ſpirits out of frame: and therefore ſuch as are cholerick, of an hot and dry temperature, are in their ſtate of body, better in the Winter than in the Summer, becauſe the cold and moiſture of the Winter, attempereth the heat and ſiccity of their bodies, and ſtabliſheth the ſpirits. And ſo by the contrary, Phlegmatick bodies are in better ſtate in the Summer, than in the Winter. The like may be ſaid for Sanguine bodies in the Autumne, & for Melancholick in the Spring: for the moderate cold and ſiccity of the Autumne doth attemper the heat and moiſture of the one; and the heat and moiſture of the Spring, the cold and drouth of the other, ſubtiliating withall, and vivifying the ſpirits. Wherefore the alteration which every ſeaſon in the yeere maketh in our bodies being conſidered, it may be eaſie for any one in his meat, drink, &c. to object the contrary, which may, according as his conſtitution and age ſhall require, hinder and attemper the action and power of the Aire on his body. I have ſaid, according as the conſtitution and age ſhall require: for a cholerick body that is of an hot and dry temperature, being in his declining or old age, may not in the Summer time uſe cooling and moiſtening things in that meaſure, as if he were in his youthfull, flouriſhing, or conſtant age; nor in his conſtant age, as in his youthfull: for ſo he ſhall ſoone infringe his naturall heat, and ſubvert the œconomy of his body. The like application is to be made in others: for the diet or rule of life that any one obſerveth for his health, muſt

the yeere which is anſwerable to the temperature of their bodies, as in that which is diſagreeing thereunto?

muſt not be fitted onely to the temperature of his body; but with reſpect alſo had to his age, and time of yeere: all which is particularly demonſtrated and applyed in the enſuing Treatiſe.

Whether the habitation that is ſomewhat eminent, be for health the beſt approved.

WIth good reaſon did our Anceſtors build their houſes towards the South and the North, becauſe thorow the Northerne windowes, the North winde might in the Summer paſſe in, to coole the bloomie aire in them; and that the Sunne, which rectifieth the Aire, might thorow the Southerne windowes in the Winter enter into every roome. For otherwiſe they cannot have the benigne and ſweet aſpect of the Sunne, and the pleaſant and healthfull blaſts of the North winde at thoſe diſtinct times of the yeere. But they did, for the moſt part evilly ſet them (more regarding their commodity than health) in deep and crooked places, becauſe in ſuch places they cannot be freely perflated and purified with the windes. Neither is that houſe or place of habitation to be commended, that lyeth open to the Weſt, becauſe it is perpetually ſubject to the moiſt and excrementall blaſts of the Weſt winde. But in mine opinion thoſe houſes and habitations are beſt, which are ſomewhat eminently ſituated on pure and firme ground, farre off from low, mariſh, or other filthy places, (for there the Aire is for the moſt part temperate, ſubtile and pure, ſeldome infected with vaporous blaſts) having,

What place for habitation is beſt.

if

if possibly it may be, springs or brooks of pure water neere adjoyning, lying open to the South and East, with hills (which may somewhat hinder and keep back the vaporous West winde, and the sharp North winde in the winter) a little remote on the West and North side, having windowes looking not onely towards the South and North for the reasons aforesaid, but also, so much as may be, towards the East, because the Sunne in the beginning of the day, arising upon them, doth excellently clarifie, and purge the Aire of them, and is all the day after better exposed to the most wholesome blasts of the East winde. But heere advertisement must be given, that the Easterne windowes or casements be not set open, before the Sunne hath somewhat purged the Aire, and dissipated the clouds, especially in moist seasons: for the morning Aire, by reason of the coldnesse and moisture of the night, is grosse and impure, very hurtfull to them that have weake brains, and subject unto rheumes, untill it be illustrated by the presence of the Sunne, and purified by his heat and splendor.

And here I would not, that the Reader should so conceive me, as that I judge the West winde, to be at no time wholsome: verily, I think nothing lesse, for it is sometimes wholsome enough, as if in the time of its blowing, the Aire be bright and cleere, especially if it blow in the declining of the day, and the beginning of the night: for then it is the purer and lesse grosse, by reason of the presence of the Sunne in the West part, which attenuateth the blasts of it. Wherefore I doe conclude, that in an house,

to the end it may be perflable, it is expedient to have windowes on every ſide, which may, *ad placitum*, be opened aud ſhut up againe.

Why are thoſe that inhabit eminent places in a free and open Aire, of a more long and healthy life, and alſo of a more acute, generous, and magnificent minde, than thoſe that inhabit crooked, low, and mariſh places.

THis queſtion conſiſteth of two parts: the reaſon of the firſt is, becauſe the Aire in eminent and open places, both by reaſon of the continuall motion of it, as alſo of the firme ſolidity of the earth, is more ſubtill and pure, whereby it commeth to paſſe, that the inhabitants are even to extreme old age, ſeene to enjoy very good and perfect health.

But in crooked, low, and mariſh places, for ſuch verily are the ſpirits, as is the Aire which is inſpirated: the Inhabitants are ſickly, and have turbid and obfuſcated ſpirits, by reaſon of the groſſenes and impurity of the Aire. For, impure, groſſe, and intemperate Aire doth corrupt the ſpirits and humours: from whence proceed infinite diſeaſes, and untimely old age. Therefore eminent Regions, becauſe they are with pure windes freely perflated, are more healthy, than low and mariſh places, and in them men live not only more healthfully, but alſo longer: and from hence it was, that *Plato* wrote, that hee ever found the longeſt livers in high and temperate Regions.

Therefore he that deſireth to live a long and healthy life, muſt dwell in an eminent and champion countrey,

countrey, or at leaſt, in a place that is free from muddy and wateriſh impurities: for it is impoſſible, that a man ſhould live long and healthily in a place, where the ſpirits are with impure Aire daily affected. Wherefore I counſell them, that wiſh to enjoy true health, and a firme ſtate of body, to take ſpeciall care that they live not in wateriſh places, or in a groſſe, corrupt, and filthy Aire, or otherwiſe ſubject to vaporous blaſts, which annoy the ſpirits, breed Rheumes, and are very pernicious to the Lungs.

Now, the reaſon of the ſecond is evident, by that which hath beene ſhewed concerning the former: for thoſe that live in eminent and champion countries, by reaſon of the tenuity, purity, and wholſomeneſſe of the Aire in ſuch places, have cleare, pure, and ſubtill ſpirits, from whence it commeth, that they are witty, nimble, magnanimous, *& alta petentes.* But the contrary is ſeene in low and mariſh places: for there, the Inhabitants, by reaſon of the evilneſſe of the Aire, have groſſe and earthy ſpirits, whereof it is, that they are for the moſt * part men, *humum tantùm ſapientes*, dull, ſluggiſh, ſordid, ſenſleſſe, plainly irreligious, or perhaps ſome of them, which is a little worſe, religious in ſhew, externall honeſt men, deceitfull, malicious, diſdainfull. Wherefore, ſeeing that the diverſity of ſpirits, and differences of wits and manners, doe ſo much proceed from the condition and nature of the Aire, I doe here againe advertiſe all ſuch as are ingenious, generous, and deſirous of perfection, both in minde and body, that they endeavour by all meanes, to live

* For ſome have their natures rectified by education.

in a pure and healthy Aire, and so seldomely as may be, frequent places, where the Aire is wont to be infected with vaporous impurities.

Whether Fountaine water, in goodnesse and wholesomenesse, excell other waters?

THat water is esteemed to bee the best and wholsomest, which is most cleare and thin, pure in taste and smell, altogether cleane from any impure, terrene, or other dreggy mixture. And such is, before all other, fountaine water, if it rise in a pure, high, and open place, and that against the East, for then it is the better depurated with the morning Sunne, and pure orientall winds. Of fountaine waters, those that rise against the North, because they have not the radiant aspect of the Sunne, which purifieth the waters, are least commendable: for they are not easily concocted, they weaken the stomack, and cause fluctuations, and flatuousnesse in the body. But there are some fountaine waters, not to be allowed for alimentary uses, and such are those, which rise from Sulphurous, Bituminous, or metalline places, or which are carried thorow like veines of the earth, because they receive an unpleasant savour and smell, and also an evill quality from those things that they issue from, or runne thorow.

Next unto fountaine water in goodnesse, is rainewater, so it fall not in a boysterous or troublesome Aire; for the Sunne, from all waters and humid places, draweth up the thinner and purer portion resolved

solved into vapours, which is the matter of raine to come. Nothwithstanding, the goodnesse thereof doth alter according to the divers parts of the yeer; for that is the best, which falleth from the middle of the Spring, to the middle of Autumne, because in those seasons, the Aire is for the most part pure, seldomely corrupted with noysome vapours, which defile the raine-waters. And there are some, to whose opinion a man may easily, without errour subscribe, which think, that such raine-water is not inferiour in goodnesse to fountaine water. But the waters which fall with great tempests of winds, haile, thunder, and lightnings, are, by reason of many confused vapours and exhalations collected in the Aire, impurer, and therefore not so well to be approved for the health of mans body.

Raine-water altereth in goodnesse, according to the times of the yeere.

River-water hath the third place of goodnesse, both by reason of the action of the Sunne upon it, as also because that by motion, it becommeth thinner, except it be polluted by the mixture of other things, as it commeth to passe in Rivers, that runne thorow marish places, or neere unto populous Townes and Cities: for then, by reason of all manner of filth running, or cast into them, they become very corrupt and unwholesome. Therefore where the Inhabitants, through the want of most wholesome Fountaines, are constrained to make use of River-water, let them take especiall care, lest in stead of that which is wholesome, they take that which is corrupt and very offensive to the health of their bodies: Wherefore let them make choice of that River-water, which is not subject to the afore-

River-water.

ſaid hurts; but runneth with a full ſtreame upon gravell, Pebble-ſtones, Rockes, or pure earth: for that water, by reaſon of the purity of the place, motion, and radiant ſplendor of the Sunne, is thinner, ſweeter, and therefore more pure, and wholeſomer: and in my opinion, it is doubtfull, whether Fountaine waters ſurpaſſe in goodneſſe ſuch River-waters. But if the River waters ſhall not be cleare, but ſlimie and muddy, and the ſame, for want of better waters, neceſſarily uſed, as in many low and mariſh places, then let them be kept ſo long in ſome veſſell, till that the groſſe part reſt and ſettle in the bottome, for by this meanes, the thinne and purer part of the water may be taken and uſed, and the groſſer caſt away.

VVell-water. Well-water is judged inferiour to the former, in purity and wholſomeneſſe, not onely becauſe it is void of motion, but alſo becauſe it is not illuſtrated of the Sunne; notwithſtanding, if the Well be digged in pure Earth, and the mouth open to the Aire, not ſhut up in a darke obſcure place, not beſet with a filthy bottome, but a pure, gravelly, or rocky, then the water, eſpecially if it be often drawne, is very good and wholeſome.

Pumpe and Ciſterne waters. And heere underſtand, that the waters that are drawne thorow Pumpes, becauſe they are ſhut up from the Aire, are worſe than other Well-waters, for they more quickly putrifie, and acquire an ill quality. The like may be ſaid of Ciſterne-waters.

VVaters carried thorow Pipes of Lead. Neither are the waters which are carried thorow Pipes of Lead, ſo wholeſome as they are ſuppoſed to be, not onely becauſe they are ſhut up from the Aire,

Aire, but alſo becauſe they are thought to acquire an unwholeſome quality from the Lead: they are troubleſome to the ſtomack, and ponderous to all the bowels; but theſe hurts in their boyling, are well removed.

All ſtanding waters, as of Pooles, Motes, and of Pits, which in low and mariſh places are very uſuall, are moſt unwholeſome, and altogether (as peſtiferous) to be avoided and eſchewed: for in that they are ſtanding, or creeping with a very ſlow pace, the parching heat of the Sunne often working upon them, doth more mightily pierce to the bottome, and ſo leaving the groſſer part, draweth up the thinner, whereby it commeth to paſſe, that the waters appeare muddy, and of a leadiſh colour, corrupted both in ſmell and taſte. Waters that are taken neere unto the Sea-ſhores, or armes of the ſame, are for the moſt part corrupt, and of a ſtinking ſmell, and unpleaſant ſavour, and therefore naught and unwholeſome for mans body.

Standing waters.

VVaters neere the Sea-ſhores

Whether Snow waters be in goodneſſe matchable to River water?

NO, and the reaſon is, becauſe that while the Snow is ingendred, the thinner part of the matter, is (as it were) preſſed forth of the cold, and converted into clouds, the groſſer part remaineth, and is turned into Snow: whereof it commeth, that Snow-waters are groſſe and over-cold, and therefore hurtfull to mans body; for they cauſe rheumes, and greatly hurt the ſinews. Moreover, they

they breed ſplenetick paſſions, by cauſing the ſpleene to grow great, they confound the breſt and liver, cauſe Aſthmaes, and fill the ſtomack with flatuous crudities: wherefore the uſe thereof, eſpecially in elder yeeres, doth undoubtedly induce exitiall affects to the ſinewes, joynts and bowels. But Snow-water is, of ſome in theſe daies, greatly eſteemed of, to coole and extinguiſh thirſt. To which purpoſe in the hot ſeaſons of the yeere, they mix it with their wine, which uſe although it may make the wine more gratefull to the pallate, yet it is hurtfull for the ſtomack, infringeth the naturall heat, breedeth the winde collick, and in continuance bringeth many other inconveniences to the body. But admit that in hot Countries, and in hot ſeaſons, it may be for ſome bodies agreeable; but in our Northern Countries, it is at no hand to be allowed, except to ſuch as are impenſively hot; for it is onely profitable to a ſtomack that eſtuateth with heat.

Whether it be expedient for health, to waſh and bathe the body in River waters?

I Anſwer, that it is good in the fervent heat of Summer, for ſuch as are in their youthfull and flouriſhing age, and of an hot conſtitution, to bathe and waſh their bodies in the Rivers, three or foure times, with this caution, that they goe not into them upon exerciſe or any other heating of the body: for the pores being by meanes thereof open, the cold of the water vehemently entereth in,

in, congealeth the blood, and extinguisheth the spirits: wherupon ensue desperate extremities, swounings, and many times death it selfe. This bathing in cold waters, though it seeme at first to strike a kinde of chillie horrour to the body; yet it brings with it much utility, for it tempereth the spirits, repelleth and fortifieth the naturall heat, and strengtheneth the whole habit of the body; yet so, as the aboad in the waters exceed not at the most the space of an houre: for then it may over-coole the naturall heat, and consequently occasion Cramps, and other affects of the sinewes. Moreover, to prevent these and the like hurts that may ensue by the use of these waters, you must observe not to goe into them, but in a very hot day, and that also before the heat of the day begin to decline, as about three of the clock in the afternoone: for then the cold of those waters is well attempered by meanes of the power and action of the Sunne on them all the day.

Of the divers kindes of Bread.

Sect. II.

Whether Bread that is made of the middle and pureſt part of the Meale not ſeparated, be the beſt and wholeſomeſt?

AMong the things which ſerve for meat, I may with very good right give the firſt place unto Bread, for it is the ſimpleſt nouriſhment, and to our nature very familiar: if it be well made and prepared, the nouriſhment which it yeeldeth, is very ſubſtantiall and exceeding good. But the vertue and goodneſſe of the Bread is to be taken from the nature of the graine, and manner of preparation. Concerning the preparation, I will onely touch it a little hereafter, where I will ſhew the properties that ought to be in the beſt and wholeſomeſt Bread. And whereas there are divers ſorts of graine wherewith Bread may be made, yet we moſt chiefly uſe three, Wheat, Rie, and Barly; for we never uſe Beanes, or Oates, except in a very great ſcarcity of the former. For Bread made of Beanes, is very dry, by reaſon whereof it is brittle, unpleaſant, and hard to digeſt: it can in no wiſe be wholſome, for it filleth the body full of winde, and is void of any good

good alimentall juyce. Of Oates in *Wales*, and some of the Northern shires of *England*, they make bread, especially in manner of Cakes, which kind of bread is of light digestion, but windy, and yeeldeth a weak nourishment to the body: while it is new, it is meetly pleasant, but after a few dayes it waxeth dry and unsavory: it is a bread of light nourishment, and (in my opinion) not agreeable for men, especially for such as have not beene from their youth accustomed therunto. But these and the like sorts of bread, I separate from this Treatise, both because that in regard of our great plenty of Wheat, Rie, and Barley, it is lawfull even for our poore people to make of them, or of the mingling of them, bread abundantly; as also, because that other sorts of bread are with us growne out of use, wherefore of these onely will I entreat: Of these three, the Bread which is made of Wheat, is by reason of its moderate temperature, the best and worthiest of praise, for it is easily digested, and very strongly nourisheth the body; but it is purer or impurer, according to the fineneſse or courseneſse of the flower whereof it is made. For of the meale there are foure parts: *Pollen*, *Simila*, *Secundarium*, and *Furfures*.

Bread of Beanes and Oates.

Pollen is the purest part of the meale, that is, the finest part of the flower; of this is made the whitest and purest bread, very profitable for thin, weake, loose, and extenuated bodies; but not so commendable for those that are healthy and strong, and therefore if any such use it, they are more curious than judicious.

Simila is that part of the meale, which is the mean between the fineſt part of the flower and the courſeſt, which is called *Secundarium*; of this, together with the fineſt part of the flower, is made the wholſomeſt and beſt nouriſhing bread, and it is in greateſt uſe among the better ſort of people.

Second Bread. *Secundarium* is that part of the meale, whereof yeoman-bread is made, which ſome call ſecond bread. This bread, becauſe it hath in it the finer part of the bran, doth not give to the body ſo great nor ſo good nouriſhment as the former; but it quickly deſcendeth from the ſtomack, and maketh the body ſoluble, and therefore ſometimes good for ſuch as are wont to be coſtive, and if a quantity of Rie flower be added to it, there will be made of them both an yeoman-bread, for ſtrong and healthy bodies very convenient.

Brown Bread. Bread made only of the branny part of the meale, which the pooreſt ſort of people uſe, eſpecially in time of dearth and neceſſity, giveth a very bad and excrementall nouriſhment to the body: it is well called *panis canicarius*, becauſe it is more fit for dogges than for men. But if the groſſeſt part of the bran be ſeparated by a Searce, and Rie flower, or elſe Barley flower and Rie flower together, be added to that which is ſifted from the groſſeſt bran, there will be made a browne houſhold bread, agreeable enough for labourers. Sometimes onely the groſſer part of the bran is by a Searce ſeparated from the meale, and a bread made of that which is ſifted, called in ſome places, *One way bread*, wholſome enough, and with ſome in very familiar uſe: it nouriſheth

One way Bread.

leſſe

leſſe than that which is made of purer flower; but by reaſon of ſome part of the bran which is contained in it, it doth ſooner deſcend and move the belly, for there is a kind of abſterſive faculty in the bran: wherefore, for thoſe that are healthy, and yet ſubject to coſtiveneſſe, and alſo for ſuch as would not wax groſſe, it is moſt profitable.

In time of ſcarſity of Corne, bread is alſo wont to be made of the whole meale, from which the bran is not ſeparated, and it is well called *panis confuſaneus*, becauſe all the meale, no part thereof being by ſifting taken away, goeth into the making of the bread: this bread ſpeedily deſcendeth, and yet it is troubleſome to the ſtomack, and filleth the belly with excrements. *Panis confuſaneus.*

Bread made of Rie, is in wholſomneſſe much inferiour to that which is made of Wheat: it is cold, heavie, and hard to digeſt, and by reaſon of the maſſiveneſſe thereof, very burdenſome to the ſtomack. It breedeth a clammie, tough, and melancholick juyce; it is moſt meet for ruſtick laborers: for ſuch, by reaſon of their great travaile, have commonly very ſtrong ſtomackes. Rie in divers places is mixed with Wheat, & a kind of bread made of them, called *Meſſeling-bread*, which is wholſomer than that which is made of Rie, for it is leſſe obſtructive, nouriſheth better, and leſſe filleth the body with excrements. Rie Bread. Meſſeling Bread.

Some uſe to make bread, eſpecially in the times of ſcarſity, of Rie and Barley mixed together; but this kind of bread is more excrementall than the former, yet better than that which is onely made of Barley: for Barley bread is leſſe nouriſhing than Barley Bread.

Rie bread; it is cold and dry, hard of concoction, and breedeth not a tough juice, but rather somewhat clensing, and therefore it hath speedier distribution thorow the body, than Rie bread hath; but it giveth a dry and excrementall nourishment to the body, filleth it with wind, and greatly hurteth the stomack.

How many properties ought there to be in the best and wholsomest Bread?

1 SEven: The first is, that it be made of the best Wheat; for according to the difference of the Wheat, is the goodnes or the badnesse of the bread. That Wheat is best, which is of yellow colour, of a close and compacted substance, cleane, weighty, and so hard, that it will not easily be broken betweene the teeth: contrary to this is that which is of a lax and open substance, such as is commonly growne in low and uliginous places. And if Wheat, that hath all the aforesaid properties, cannot conveniently be had, yet let it be such as is of an hard compacted substance, and weighty: for it is generally to be observed in every kind of Wheat, that the better and wholsomer bread is alwaies made of the weightier and more compacted Wheat, and the worser of that which is more light and open.

2 The second property is, that it be fitly leavened; for the leaven causeth the bread to be of thin parts, by reason whereof, it is more easily digested, and breedeth better humors. But the leaven must be fitly

fitly proportioned, because common experience proveth in mens stomacks, that bread much leavened, is of heavie digestion, and of no commendable nourishment. All the ancient Physicians deemed unleavened bread to be very unwholsome, because it is of hard digestion, and breedeth obstructive humors. Howbeit we daily prove, that no bread is lighter of digestion, or giveth better nourishment to the body, than our Manchet, which is made of fine flower of Wheat, having in it no leaven, but in stead thereof, a little barme. But by this I reject not the use of leaven, to the making either of Manchet bread or of greater loaves; as a thing very profitable and good; but I leave it as a thing indifferent, and every good house-wife to her owne custome herein: only I advertise, that the leaven and barme be fitly proportioned. And by the former rule of the ancient Physicians, all sorts of Cakes, Simnels, Wafers, Fritters, Pancakes, and such like, are to be rejected, if they be not well corrected with some other good ingredients.

The third property is, that it be temperately seasoned with salt: for bread over-sweet is of hard digestion, and breedeth obstructive humors; and bread over-salt is a dryer, and breedeth adust and melancholick humors. But that which consisteth in a mean betweene both, is pleasant to the taste, and more acceptable to the stomack. 3

The fourth property is, that it be light, and somewhat open, and such, although it be great in shew, yet it is of small weight, and therefore easily digested, and easily distributed from the stomack. 4

The

5 The fift property is, that it be very well wrought, and laboured with the hands and brake, and not over-liquored, as many negligent and ſlothfull ſervants oftentimes do, to ſave that labour; for then it is heavie to the ſtomack, and breedeth clammy and naughty juyce.

6 The ſixt property is, that it bee well baked; for bread that is ill baked, whether too much or too little, is of ill digeſtion, of ill diſtribution, and therefore very troubleſome to the ſtomack.

7 The laſt property is, that it be not eaten over-new, as while it is hot, nor when it is ſtale or growne dry. It muſt not be eaten hot, becauſe it will fluctuate in the ſtomack, ſlowly deſcend, oppilate, and abundantly breed wind in the bowels, by reaſon of a vaporous humidity that is in it while it is hot, which in cooling evaporateth; and becauſe it fumeth upwards, it cauſeth drowzineſſe, confoundeth the ſenſes, and very greatly hurteth the braine it ſelfe. Wherefore bread while it is hot, although it be to ſome mens pallats very pleaſant and acceptable, yet it is to the body unprofitable, becauſe it breedeth flatulent and obſtructive humors. In like manner, bread that is ſtale and growne dry, becauſe it hath loſt his naturall temperature, is unprofitable; for it is hardly digeſted, and yeeldeth little nouriſhment, and the ſame not good, but melancholick. Wherefore it followeth, that the bread ought not to be too old, nor too new: and to avoid all the aforeſaid diſcommodities, I hold, that the bread ought to be kept the ſpace of 24. houres, or at leaſt one night, in ſome cold place after the baking, before

fore it be eaten, and also that it be not above two or three dayes old in the Summer, especially if it be made in the forme of manchet or smaller loaves; nor above foure or five dayes old in Winter; for by how much more it is dried and indurated, by so much the worse it nourisheth, and is of harder concoction.

Whether Bisket-bread yeeld to the body any profitable nourishment.

BIsket-bread is only profitable for the phlegmatick, and them that have crude and moist stomacks, and that desire to grow leane, because it is a very great drier; and therefore let such as are cholerick and melancholick beware how they use it. The like may be said of the crust of bread; for it is also very hardly digested, and breedeth choler adust, and melancholick humours. Wherefore let the utmost and harder part of the crust be chipped away, of which let such as are by nature cholerick and melancholick have speciall care. But it is good for the phlegmatick, and for such as have overmoist stomacks, and yet healthy, and desirous to grow leane, to eat crusts after meat, the very superficiall and burnt parts of them only chipped away, because they presse downe the meat, and strengthen the mouth of the stomack, by drying up the superfluous moisture of it.

Of the divers kinds of Drink.

SECT. III.

Whether it be wholsome for Northerne people, that inhabit cold countries, to drink Water at their meales, instead of Beare?

ALthough Water be the most ancient drink, and to those that inhabit hot Countries profitable and familiar, by reason of the parching heat of the ambient Aire, which doth exceedingly heat, inflame, and dry their bodies; yet to such as inhabit cold Countries, and specially not accustomed thereunto, nor the constitution impensively hot, requiring and forcing the same, it is by the contrary, in no wise agreeable: for it doth very greatly deject their appetite, destroy the naturall heat, and overthrow the strength of the stomack, and consequently, confounding the concoction, is the cause of crudities, fluctuations, and windinesse in the body.

What in generall are the commodities of Wine?

MAny and singular are the commodities of Wine: for it is of it selfe, the most pleasant liquor of all other, and was made from the beginning

beginning to exhilarate the heart of man. It is a great increaſer of the vitall ſpirits, and a wonderfull reſtorer of all powers and actions of the body: it very greatly helpeth concoction, diſtribution, and nutrition, mightily ſtrengtheneth the naturall heat, openeth obſtructions, diſcuſſeth windineſſe, taketh away ſadneſſe, and other hurts of melancholy, induceth boldneſſe and pleaſant behaviour, ſharpneth the wit, abundantly reviveth feeble ſpirits, excellently amendeth the coldneſſe of old age, and correcteth the tetrick qualities which that age is ſubject unto; and to ſpeak all in a word, it maketh a man more couragious and lively both in mind and body. Theſe are in generall the commodities of Wine, which are ſo to be underſtood, as that a meane and frugality be had in the uſe of it, not intemperancie and drunkenneſſe; otherwiſe, what can be more hurtfull than Wine, ſeeing that the ſame immoderately taken, deſtroyeth the life and proſperous health, diſturbeth the reaſon, dulleth the underſtanding, confoundeth the memory, cauſeth the Lethargie, Palſie, trembling of the hands, and a generall weakneſſe of the ſinewes? Wherefore let Wine be moderately uſed, that neither diſtillation, nor inflammation, nor exciccation, or drunkenneſſe follow; for if it be taken beyond meaſure, it will not be a remedy & comfort for the ſtrength, but rather a poyſon and utter over-throw. But ſeeing that there are divers ſorts of Wine, and the ſame not indifferently agreeable to every age and conſtitution, I will therefore (that every man may make choiſe of thoſe Wines that are beſt agreeable for him)

The diſcommodities of VVine immoderatly taken.

him) ſpeake of the particular differences of them, according to their ſeverall qualities, eſpecially of ſuch Wines, as with us are moſt uſuall.

VWhite-wine and Rheniſh-wine.

White-wine and Reniſh-wine, doe leaſt of all Wines heat and nouriſh the body, they conſiſt of a thin and penetrating ſubſtance, wherefore they are quickly concocted, and very ſpeedily diſtributed into all parts of the body, and therefore they leſſe annoy the head, than any other Wine. They cut and attenuate groſſe humors, provoke urine, and cleanſe the bloud by the reines. They moyſten the body, and cauſe ſleepe, mittigate the paines of the head, proceeding from a great heat of the ſtomack, but eſpecially the Reniſh-wine. They are moſt accommodate for thoſe that are young, for hot conſtitutions, for hot Countries, and for the hot times of the yeere, and for thoſe that would be leane and ſlender: They are leſſe hurtfull for ſuch as are fevorous, than other Wines are; but being well mixed with water, they are very profitable for all hot diſtemperatures. It is very expedient to drink White-wine, or Reniſh-wine in the morning faſting, and alſo a little before Dinner and Supper, with a Lymon * macerated therein, and the juice preſſed forth, eſpecially for them that have hot and dry ſtomacks, or are ſubject to obſtructions of the ſtomack, of the meſaraick veines, of the liver, and of the reines: for it greatly refreſheth a hot and dry ſtomack, ſtirreth up the appetite, cleanſeth away the ſlimy ſuperfluities of the ſtomack, meſaraick veines, and other obſtructive matter in the paſſages, by way of urine. But it is very hurtfull to drink White-

* A little Sugar may be alſo added thereto, as is hereafter ſhewed; but it is more medicinable, in regard of the penetrative faculty of it, if it be taken without Sugar.

White wine or Reniſh-wine with meat, or at the meales, or preſently after meales; except for ſuch as are affected with too much aſtriction of the ſtomack, becauſe they deturbe the meats from the ſtomack, before they are concocted, and ſo cauſe them to paſſe crude and indigeſted, whereby it commeth to paſſe, that the whole body doth greatly abound with flatuous crudities.

VVhite and Rheniſh-wines, whether good to be taken with meat, or after meales?

White and Reniſh Wines are very pernicious for ſuch as are Rheumatick, and ſubject to fluction of humors into the joynts, or other parts of the body, and therefore let ſuch very carefully eſchew the uſe of them.

Claret-wine is very neere of a temperate nature, and ſomewhat of an aſtringent faculty, as the ſavour of it doth plainely ſhew: it breedeth good humors, greatly ſtrengtheneth the ſtomack, quencheth thirſt, ſtirreth up the appetite, helpeth the concoction, and exhilarateth the heart, it is moſt profitable for them that are of an hot conſtitution, for young men, and for them that have hot ſtomacks, which it doth excellently refreſh. But it greatly offendeth them that are of a cold and moiſt conſtitution, that abound with crude humours, and that are ſubject to diſtillations from the braine, eſpecially if it be taken immoderately, or not with meat: for it, being taken with exceſſe, or out of meale, is of all wines (in regard of the rheumatick nature of it) the moſt pernicious: and therefore let ſuch as are ſubject to cold and rheumatick diſeaſes, beware how they uſe it. But verily, it being moderately taken at meales, it is for temperate bodies, ſo as it be a pure and quick

Claret-wine.

Wine, ſcarcely inferiour to any of the regall Wines of France: and for ſuch as are inclined unto heat, ſo they are not much ſubject unto Rheumes, excelleth both them, and all other: for it notably rectifieth the ſtomack, and wonderfully comforteth the ſame, breedeth moſt healthfull bloud, and acceptable to the heart. It is of all wines the beſt for cholerick bodies, and the worſt for phlegmatick. If ſuch as are Rheumatick ſhall ſometimes deſire the uſe of this Wine, let them take fine Sugar with it, becauſe it ſomewhat abateth the rheumatick nature thereof.

Sack

Sack is compleatly hot in the third degree, and of thin parts, and therefore it doth vehemently and quickly heat the body: wherefore the much and untimely uſe of it, doth over-heat the liver, inflame the bloud, and exciccate the radicall humour in leane and dry bodies: wherefore to them that are young, and all ſuch as are of an hot and dry temperature, it is greatly hurtfull. But if it be moderately taken of them, for whom it is agreeable, it maketh the ſtomack ſtrong to digeſt, helpeth the diſtribution of the meats unto all parts of the body, concocteth crude humors, and conſumeth the excrementall; and to ſpeake all in a word, it mightily ſtrengtheneth all the powers and faculties of the body. It is moſt accommodate for old men, for groſſe men, for ſtomacks that are weak, and full of cold and crude humors, and for all that are of a cold conſtitution, and alſo for cold Countries, and for the cold and moyſt ſeaſons of the yeere. It is chiefly to be drunken after the eating of meats of groſſe ſubſtance,

ſtance, and ſuch as conſiſt of an excrementall moyſture, as Pork, Freſh-fiſh, &c.

Some affect to drink Sack with Sugar, and ſome without, and upon no other ground, as I think, but that, as it is beſt pleaſing to their pallats. I will ſpeak what I deeme thereof, and I think I ſhall well ſatisfie ſuch as are judicious. Sack taken by it ſelfe, is very hot, and very penetrative: being taken with Sugar, the heat is both ſomewhat allayed, and the penetrative quality thereof alſo retardated. Wherefore let this be the concluſion: Sack taken by it ſelfe, without any mixture of Sugar, is beſt for them that have cold ſtomacks, and ſubject to the obſtructions of it, and of the meſaraick veines. But for them that are free from ſuch obſtructions, and feare leſt that the drinking of Sack, by reaſon of the penetrative faculty of it, might diſtemper the liver, it is beſt to drink it with Sugar, and ſo I leave every man that underſtandeth his owne ſtate of body, to be his own director herein. But what I have ſpoken of mixing Sugar with Sack, muſt be underſtood of Sherie Sack, for to mix Sugar with other Wines, that in a common appellation are called Sack, & are ſweeter in taſte, makes it unpleaſant to the pallat, and fulſome to the ſtomack.

Whether Sack be beſt to be taken with Sugar, or without?

Malmſey is in operation very hot, and by reaſon that it is ſweet, it nouriſheth very much, and therefore the uſe of it is exceeding profitable for old, cold, weake, and decayed bodies: for it mightily cheriſheth the naturall heat, and fortifieth all the powers of the body. It is convenient for all cold bodies; but for ſuch as are hot, it is greatly hurtfull, becauſe

Malmſey.

becauſe it is very eaſily converted into red choler. It killeth wormes in children, by a certaine naturall and hidden property, if they drink it faſting.

Muskadell. Muskadell is even in all reſpects equall to Malmſey, and therefore if that be wanting, this may well ſupply the turne: the uſe of it is good for old and cold bodies; but very hurtfull to ſuch as are of an hot temperature.

Baſtard. Baſtard is in vertue ſomewhat like to Muskadell, and may alſo in ſtead thereof be uſed: it is in goodneſſe ſo much inferiour to Muskadell, as the ſame is to Malmſey: the uſe thereof is likewiſe hurtfull to young and hot bodies

Canary-wine Canarie-wine, which beareth the name of the Ilands from whence it is brought, is of ſome termed a Sack, with this adjunct *ſweet*, but yet very improperly, for it differeth not onely from Sack, in ſweetneſſe and pleaſantneſſe of taſt, but alſo in colour and conſiſtence: for it is not ſo white in colour as Sack, nor ſo thin in ſubſtance; wherefore it is more nutritive than Sack, and leſſe penetrative. It is beſt agreeable to cold conſtitutions, and for old bodies, ſo that they be not too impenſively cholerick: for it is a wine that will quickly enflame, and therefore very hurtfull unto hot and cholerick bodies, eſpecially if they be young.

Tent. Tent is a groſſe nutritive wine, and is very quickly concocted into bloud, but the ſame is oppilative, and therefore it is very hurtfull for ſuch as are ſubject to obſtructions. It is fit for them that are extenuated and weake, and ſtand in need of much nouriſhment, and the ſame ſomewhat aſtrictive.

Greeke

Greek wine, which is of a blackish red colour, is of a very temperate nature, hotter than Claret, and sweeter, yet with some pleasing sharpnesse adjoyning, it breedeth very good bloud, reviveth the spirits, comforteth the stomack and liver, and exceedingly cheereth and strengtheneth the heart. For aged people, and all such as are naturally of a weak state of body, it is most profitable. Greek wine.

Wine of Orleance is stronger than any other French wine, and very pleasant withall in taste: it is for goodnesse scarcely, or not all, inferiour to Muskadell: It is hurtfull to the cholerick, and all such as have hot livers and weak braines, for it doth quickly over-heat the liver, and assault the head. But for other bodies, especially if they encline to a cold constitution, and for cold and weak stomacks, there is not a better wine, if there be so good. For it doth not only comfort the stomack, help the concoction, and vivifie the spirits, by reason of a generous heat in it, but also furthereth the distribution of the meats, and consequently a good nutrition through the mediocrity of its substance. It is very hurtfull to them that are young, and that are of an hot and cholerick temperature; but to the aged and phlegmatick very profitable. Wine of Orleance.

There are also other French Wines (would to God they were so common as Claret) which for pleasantnesse of tast, mediocrity of colour, substance and strength, doe for most bodies, for ordinary use with meats, far excell other wines: such as are chiefly *Vin de Coussy*, and *d'Hai*, which to the Kings and Peeres of *France*, are in very familiar use. They *Vin de Coussy*, and *d'Hai*, Regall wines.

notably comfort the ſtomack, help the concoction and diſtribution of the meats, and offend not the head with vaporous fumes. They are Regall Wines indeed, and very convenient for every ſeaſon, age, and conſtitution, ſo they might be had.

Red vvine.

Red wine is of an auſtere ſharp taſte, of an aſtringent faculty, and therefore only good for Phyſick uſes, to ſtop cholerick vomitings, and fluxes of the belly. There are alſo other ſorts of wines, altering according to the divers nature of the vine, ſoyle, and Ayre, whoſe differences may by their colour, taſte, and conſiſtence, eaſily be diſcerned. And here I would have you generally to obſerve in the uſe of wines, that thoſe wines which are more milde, temperate, and leaſt aſſaulting the head, are more wholſome for the body: and thoſe more hurtfull, that are ſtrong, acute and vaporous, eſpecially if there be not a meane in the uſe of them, and a reſpect alſo of the age, complection, and time of the yeere.

VVines differ in goodneſſe according to their age.

Moreover, it is to be underſtood, that wines differ very much, according to their age: for wines that are new, are unwholſome, and the more new, the more unwholſome: for they have in them little heat, and conſiſt of a groſſe and excrementall ſubſtance: wherefore they doe not help, but much hinder the concoction and diſtribution, cauſe fluctuations in the body, and cholick-torments, and abundantly breed obſtructions of the liver, milt, & reines. But their ſuperfluous and excrementall moiſture is, in proceſſe of time, concocted and overcome of the heat, and then they become more hot, more pure, and much more wholſome.

And

And here it is to be obſerved, that all wines have not the ſame time of continuance; for there are ſome, which by reaſon of the weakneſſe of their heat, cannot long be kept, as White-wine, Rheniſh-wine, and Claret; for theſe, and ſuch like, doe in ſix or ſeven moneths, or within, according to the ſmalneſſe of them, attaine unto the height of their goodneſſe, and after a yeere, doe begin to decline, and loſe much of their goodneſſe, eſpecially the ſmaller ſort of them. But the ſtronger ſorts of wines, as Sack, Muskadell, Malmſey, &c. are beſt, when they are two or three yeeres old: for theſe, by reaſon of their ſtrong heat, doe a long time reſerve their perfect vigour. And as theſe wines, being too new, are unwholſome, ſo be they alſo, if they be too old, as when they have paſſed foure or five yeeres, becauſe they heat beyond meaſure; for the older they grow, the more heat they acquire, and in proceſſe of time the ſiccity of them is correſpondent to their heat. Wherfore ſuch wines are rather meerely to be reputed among medicaments, than aliments, becauſe they have a farre greater faculty of altering the body unto heat and ſiccity, than they have of nouriſhing. The uſe of them, eſpecially if it be often, is hurtfull to the ſinewes, and an enemie to procreation, becauſe they dry up the geniture, perturbe the underſtanding, and by reaſon of their tart and vehement fumes, affect the membranes of the braine with a cruell pungitive paine. They are only, in the way of phyſick, good for weak and moiſt bodies, that are decayed of their naturall heat. Wherefore Wines that are over-old, or too

VVhy all vvines have not the ſame time of continuance.

VVines too old are very hurtfull.

new, are to be eſchewed; for thoſe doe too much heat, and theſe doe little or nothing at all, ſo long as they be new, and are ſo farre away from helping the concoction, as that even themſelves are with difficulty digeſted, and fill the body with wind and crudities. It remaineth therefore, that neither the wine which is too new, nor that which is too old, but that which is a meane betweene both, to be the moſt wholſome.

VVhether all new vvines do breed obſtructions.

But whereas it hath been ſaid before, that new wines breed obſtructions, it is not ſo generally to be taken, as that all new wines doe breed obſtructions; but that is to be underſtood of the moſt of ſweeter wines, which have in them no mixture of nitrous or biting lees, for ſuch verily doe breed groſſe, flatuous, and obſtructive humors. But thoſe wines, of which ſort are White and Rheniſh-wines that have in them a mixture of nitrous lees, are ſo farre off from breeding obſtructions, as that nothing can be more contrary to their nature, becauſe they provoke urine, and ſtrongly move to ſtoole, which they performe eſpecially through the acrimony of the lees, and alſo through the abundance of wind, which they breed. Wherefore thoſe new wines alone are drunk without hurt, or with leaſt, which conſiſt of a thinne ſubſtance with nitrous lees, of which ſort, as I have ſaid, are White and Rheniſh wines, and theſe by reaſon of their quality of cooling, moiſtning, and of moving the belly, may be good for young men that have hot ſtomacks, and ſuch as are cholerick by conſtitution; but are very hurtfull for old men, and ſuch as are phlegmatick, ſo

VVhat new wines not perfectly depurated, may vvithout hurt be drunken, and of vvhat bodies.

so long as they are new and not perfectly purged from their dregs. Very well therefore said *Galen*, that Must or new wine hath no other use, but to move the belly, which faculty if it want, it is extremely ill and hurtfull to the body.

How many precepts ought there to be observed in the exhibiting of pure wine, in respect of the age?

FIve: The first is, that it be not given unto children, for this will be as if you should adde fire unto fire: For they being of hot and moist temperature, would thereby become over-hot, and their heads also filled with vapors, wherof ensue many evils, and sometimes the falling sickness. The second is, that it be not given to Youths, as from 14 yeers of age unto 25, for wine is unto them most repugnant; because it doth above measure heat their hastie, hot, and agitating nature, and extimulate them (like mad men) unto enormious and outragious actions. The third is, that it be very moderately given, and that not too often unto young men, as from 25 yeers of age unto 35, and that it be also of the smaller sorts of wines, as Claret, &c. especially if they are of hot constitution: for otherwise it will make them prone unto wrath and unlawfull desires, dull the wit, and confound the memorie. The fourth is, that it be more liberally given unto them that are in their manhood and constant age, as from 35 yeers unto 50, and let such, when they are past forty yeers of age, begin to make much of the use of wine;

and yet if they be of hot constitutions, let them abstaine from the stronger sorts of wines, especially from the often use of them, because they will be offensive unto the head and sinewes. The fift is, that it be given with a liberall hand unto old men, and that also of the stronger sorts of wines, especially when they are in the later part of old age, as from 60. yeeres upward unto the end of their life. For unto old men there come foure excellent commodities, by the use of pure wine. The first and greatest commodity, seeing that they are cold, and for the most part almost without good alimentall bloud, is, because it greatly correcteth the coldnesse of their age, and bringeth them unto a better temperature of heat, with increase of bloud. The second, because it expelleth sadnesse and melancholy, whereunto that age is most subject. The third is, because it maketh them to sleepe well, which by reason of the siccity of the braine, and paucity of vapours, many old men oftentimes want. The fourth and last commodity is, because it removeth obstructions, whereunto they are very subject. To conclude, as pure wine is most unmeet and hurtfull for children, and such as are young: so for old men it is most convenient and wholsome.

Foure principall commodities come unto the aged by the use of pure wine.

Whether the use of Wine mixed with water, be fit for all times, and profitable for all bodies?

IT hath beene a very ancient and profitable custome to mixe wine with water in the hot seasons of the yeere; for the wine by reason of the subtil-

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ty of it, doth facilitate the penetration of the water, and carrieth the same, which otherwise is of an obtuse operation, unto all the parts, at what time as they shall need to be cooled and moistned. And from hence it is, that wine much alayed with water, doth better quench thirst than water alone. But it is not profitable for all times; for in the winter (by reason of the cold and moist constitution of that season) pure wine is rather to be used. Neither is it convenient for all bodies; for to old men, to the phlegmatick, and such as are of a cold temperature, or have weake stomacks, the use thereof is hurtfull, as may be gathered by that which I have before spoken of the use of water.

VVine alayed with water, for whom profitable.

But wine diluted is good for young men, for such as are cholerick, and are of an hot constitution, for hot Countries, and the hot seasons of the yeere, especially in the Summer; for then by reason of the parching heat, wine alayed, that is to say, thin, small, wateriſh, and in no wise strong, is to be drunken. By all which, it is apparant, that foure things are to be considered in the use of the wine mixed with water: the Country, the time of the yeere, the temperature of body, and the age: for it is more or lesse to be alayed, according as the Country, the season of the yeere, the age, and temperature of the body shall be hotter or colder. Whereunto you may also adde, that the nature of the wine is also to be respected, because it is more or lesse to be diluted, according to the efficacy and strength of it. But that the unlearned may not be deceived in the manner of mixing wine with water, I will set downe some particular

Foure things to be considered in the use of vvines diluted.

ticular formes thereof, which I would have to be underſtood of the ſmaller wines, of which ſort are the White, the Rheniſh, and the Claret, becauſe they more availe for quenching the thirſt, and cooling of the body. For bodies therefore of an hot and dry temperature in cold Countries, and in the Summer ſeaſon, let three parts of water be mingled with one of wine; or if the time be very hot, and the thirſt moleſtious, and the body alſo youthfull, and ſtrong, foure parts of water may be mingled with one of wine. But for ſuch hot and dry bodies in hot Countries, and in the hot ſeaſons of the yeere, the wine is ſo to be diluted, that onely a very little ſmack of the wine be perceived. For ſuch a mixture taketh away the hurts of the water, and ſufficiently helpeth the diſtribution of it into the body, for quenching the thirſt, and moiſtening the dryed parts. But verily for them that inhabit cold Countries, and are of a meane temperature, it is beſt in the Summer-ſeaſon to mingle an equall portion of water and wine; or if the time be very hot, and the age youthfull and ſtrong, they may take two parts of water to one of wine: for that which is over-much alayed or mixed with water, except it be for neceſſities ſake, as in a feverous diſtemperature, is to Northerne people hurtfull, becauſe it doth too much diminiſh their naturall heat, hinder the digeſtion, and breed inflamations, and chollick torments. Wherefore wine not much, but meanly diluted, is to our Country-men, for the moſt part, in time of health and heat agreeable, becauſe it doth beſt temper their humors, penetrate and coole the parts

The maner of mixing wine with water for every temperature of body.

parts of the body, and assist the naturall heat, against the ambient heat of the aire: I say, in time of health, because the bowels burning with a feverous distemperature, it is lawfull, yea, very expedient, to mingle 6,7, or 8. parts of water with one of wine, especially if the bodie shall be youthfull, and of an hot temperature, that the vehement heat, which otherwise will quickly subvert the state of the bodie, may it be extinguished. But for them that are cold by temperature, or well stricken in yeers, pure wine is in time of health more convenient, as I have before shewed. And in any feverous distemperature, they may not in the mingling together of water and wine, to alay their thirst, take above foure, or at the most, five parts of water to one of wine, lest that the hurts which water is likely to bring to such bodies, should be greater than the commodity of cooling and quenching the thirst, as may be gathered by that which I have afore declared of the use of water. And here understand, that wines of a thick consistence are not to be diluted, because they are fulsome to the stomack, and by reason of the subtiltie of the water, become more vaporous, and offensive to the head. Now by that which hath been said of wines, it may easily be collected, that it is convenient for temperate bodies, and chiefly for old men, for the phlegmatick and such as are of a cold temperature, and for the cold seasons of the yeere. But to young men, that have hot constitutions, and above all others to the cholerick, in whom the liver is over-hot, and in the hot seasons of the yeere, it is verie hurtfull, especially if it be strong. And it is

Why wines of a grosse substance ought not to be diluted.

also hurtfull to them that have weake braines, and feeble sinewes; and therefore all such must either forbeare wine, or use it very moderately, and well tempered with water in hot seasons.

Whether it be expedient for health, to be drunk with Wine once or twice a moneth.

O How impudently would our drunken Potisuges vaunt themselves, if for the health of the body, I should approve the custome of being drunk once or twice in a moneth! Verily, it hath beene written and affirmed by some of the ancient Physicians, and approved as a thing wholsome: because drunkennesse observed in manner aforesaid (for often drunkennesse they did condemne) doth (as they say) by inducing sleep, alleviate and make quiet the animall powers, provoke vomiting, urine, and sweat: whereby it commeth to passe, that the weake and troubled spirits, through immoderate cares and perturbations, are revived and pacified, and the evill humours not onely ejected from the stomack, but also expelled from all parts of the body. But this their assertion, as it is most ungodly, so it is unto the health of the body most pernicious: for drunkennesse spoyleth the stomack, maketh the bloud waterish, hurteth the braine, dulleth the senses, destroyeth the understanding, debilitateth the sinewes, and subverteth the powers of all the body. Wherefore seeing that all drunkennesse is evill, and hurtfull to the true health of the body, and that the disease is pernicious, which doth chiefly distemper the

the place of understanding; they erred very grossely, that thought drunkennesse profitable once or twice a moneth. Neither are their reasons of such validity, as that they should perswade any to a custome no lesse hurtfull to the mind, than to the bodie. For the animall powers defatigated, or otherwise disturbed, may be holpen with a safer, better, and a more godly remedie, than by an unquiet and turbulent sleep, caused by meanes of drunkennesse: for Drunkards verily doe not enjoy sweet and quiet sleep, whereby the animall powers are truly refreshed. In like manner, to procure vomiting, urine, and sweat, by meanes of drunkennesse, as it is wicked, so it is also beastly. Moreover, by a remedie of this kind, the hurt is farre greater than the help; for drunkennesse, besides that it doth extinguish the light of the understanding, causeth the Apoplexie, and such other like diseases of the braine, and oftentimes a sudden suffocation. In a word, it doth by much more hurt all the parts and faculties of the body, than any way help by evacuation of superfluities, as the barbarous Authors pretend for their assertion: for infinite are the hurts that drunkennesse bringeth unto mans body. Well therefore was *Androcides* wont to say unto *Alexander*, being about to drink wine, that he might beware of excesse, *O Rex, memor sis te terræ sanguinem bibere.* But heere I will not deny, but that it may be very lawfull and expedient, for them that are wont to be wearied with great cares and labours, to drink sometimes untill they bee merry and pleasant; but not drunken: for in observing such a rule, the aforesaid crapulentall

To drinke *ad hilaritatem*, whether lawfull and profitable.

hurts are not induced, but the ſpirits and the whole body are thereby ſo recreated, refreſhed, and renewed, as that the next day, they doe more ingenuouſly undertake, and more readily execute their accuſtomed buſineſſes.

Whether Beere be more wholeſome than Ale.

BEere that is too bitter of the hop (as many to ſave Mault are wont to make it) is of a fuming nature, and therefore it engendreth rheumes and diſtillations, hurteth the ſinewes, offendeth the ſight, and cauſeth the head-ach, by filling the ventricles of the braine with troubleſome vapors: wherof not onely the internall, but alſo the externall ſenſes, are very much diſturbed and hurted: and therefore ſuch Beere is worſe than Ale, notwithſtanding the obſtructive faculty of it. But if Beere be not made too bitter, but that it have in the making of it a proportionable quantity of hops, and that it be not drunke before the bitter force of the hop be throughly ſpent and conſumed, it is far more wholeſome than Ale: becauſe the manifold force and efficacy of hops, do manifeſtly declare the wholſomeneſſe and excellency of Beere; for hops doe not onely remove obſtructions of the liver, ſpleene, and kidneyes, and clenſeth the bloud from all corrupt humours, cauſing the ſame to come forth with the urine, which it provoketh; but alſo, maketh the body ſoluble, by excreting forth of yellow cholerick humors. Wherefore ſeeing that hops doe as well make Beere a kinde of medicinable drinke,

to

to preserve the powers and faculties of the body, and to purge and cleanse the bloud, as a common and daily drink to extinguish thirst, I may very well conclude, that it is much better and wholesomer than Ale, especially for such as be cholerick, and have hot stomacks, and that are subject to obstructions of the milt, liver, and kidneyes. But Ale is in the Winter season in greatest use, because it cooleth lesse than Beere, as most men think; but it doth not by any other reason lesse coole, (there being an equall proportion of Malt in them both) but because it hath not such a penetrative power as Beere hath: I know that many are of opinion, that Beere (in regard of the hot and dry quality of the Hop) is in operation hotter than Ale: but by their leave, if the Beere be kept untouched, till the bitternesse thereof be worne out, I suppose it to be in operation colder than Ale, both in regard of the penetrative faculty of it; as also because it expelleth choler both by stoole and urine. Ale by reason of the grossenesse of the substance of it, breedeth grosse humours, and in that respect it is more nourishing than Beere, and therefore more profitable for loose and extenuated bodies, and such as desire to grow fat; but by reason of the obstructive nature thereof, it is very hurtfull to the phlegmatick, to such as are grosse, and full of humours. Now by that which hath been said, it may eafily be discerned, whether Beere more causeth rheumes, and distillations, than Ale? Many are of opinion that it doth; which is true, if it be made too bitter of the Hop, or drunk while the bitternesse remaineth: for the more bitter it be drunken, the more

For whom Beere is better than Ale.

Whether Beere be colder in operation than Ale.

Whether Beere breeds rheumes more than Ale.

more it filleth and ſtuffeth the head, and hurteth the ſame. But if it be kept till the bitterneſſe be conſumed, it is ſo farre away from breeding of rheumes, as that it is rather good to prevent them by removing obſtructions, the principall cauſe of rheumes and diſtillations.

VVhether it be wholſome to drink the Beere a little vvarmed, eſpecially in the VVinter?

Here ſome may demand, Whether it be better to drink their Beere cold, or a little warmed, eſpecially in the Winter ſeaſon? Whereto I anſwer, that I ſee no good reaſon to approve the drinking thereof warme, as I know ſome to do, not only in the Winter, but almoſt all the yeere: for it is nauceous and fulſome to the ſtomack; and therefore it cannot but dull the appetite, and rather hurt, than further the concoction. Moreover, it doth not ſo well quench the thirſt, temper the naturall heat, and coole the inward parts, as if it be taken cold. But here I doe not gaine-ſay the abating of the immoderate cold that is in Beere in extreme cold ſeaſons, by heating it a little before the fire; but to heat it till it be warme, and ſo to drink it, is nauceous and hurtfull: if to be allowed to any, it is to cold aged bodies, and to ſuch as are of a melancholy phlegmatick temperature, and that have weak ſinewes. And for ſuch as are ſubject to the gowt and wind-chollick, or that are troubled with hoarceneſſe and diſeaſes of the throat and lungs, it is very good to take their drink a little warmed. But to all other it is hurtfull, and moſt of all to them, in whoſe conſtitutions choler is any way predominant.

How many properties ought there to be in the best and wholsomest Beere?

SIx: The first is, that it be not sowre, or of any other unpleasant savour, for such is hurtfull to the stomack. The second is, that it be cleare and thin; for that which is not cleare and well defecated, abundantly increaseth grosse, flatuous, and pituitous humours, and so consequently impinguateth the body, to the utter subversion of it: for it obstructeth the bowels, causeth the stone and strangurie, by filling the passages of the urine with grosse, fæculent, and slimy humours, breedeth winde, and maketh the breath short and painefull. The third is, that it be very well boyled: for that which is not well boyled, is fulsome to the stomack, and puffeth up the body with windy humours. The fourth is, that it be old, and purged from his dregges; for such is of a penetrating nature, of good juice, not windy, but acceptable to the stomack, both for concoction and distribution. But that which is new, causeth the same hurts, which the grosse and not well concocted doth. And verily this property is in Beere much to be regarded; for if it be not drunk, till the bitternesse of the Hop be well consumed, it doth nothing lesse than offend the braine and sinewes with vaporous fumes; but it doth the better penetrate and quench the thirst: and therefore stale Beere is chiefly to be desired in the Summer, and it is a drink (beleeve me) for all constitutions, but especially for the cholerick and melancholick most wholsome.

Stale Beere most wholsome in the Summer season.

But

But here by the way it is to be considered, that as Beere very new is unwholsome, so is that also which is too old, as when it is growne sowre and tart, for it very much hurteth the stomack, the liver, and the braine. Therefore they greatly erre, that keepe Beere till it be two, three, or foure yeeres old: for it is most hurtfull to the body, and pernicious to the understanding. But Beere of a middle-age, as from one or two moneths old, unto five or six, according to the strength of it, is the best and wholsomest. And if in that space, it shall only chance to acquire somwhat a sowre smack, it is not therfore of all men to be refused: for unto cholerick bodies, because it represseth the acrimony of choler, and also to all them (by reason of the penetrating force which it obtaineth) that are subject to the obstructions of the stomack, mesaraick veines, spleene, liver, lungs and reines, it is most profitable. And if such as have the stone, or are subject to the obstructions of the reines, doe daily use such Beere, it will be impossible (so that they erre not in other things) that they should ever be vexed with the stone, or any other great and painefull obstruction of the reines. The fifth is, that it be of an indifferent strength, not too strong, nor too small, because each excesse is hurtfull. For that Beere which is of a middle strength, doth heat that state of body which is over-cold, refrigerateth that which is too hot, and preserveth the temperate. But that which is stronger than a meane, is more meet for cold and moist bodies, especially in the cold seasons of the yeere: and that which is weaker, for hot and dry bodies, especially

cially in the Spring and Summer: for such bodies require much cooling and moysténing, which small Beere, because that it little differeth from the nature of water, doth best effect; but it is rheumatick, & impensively hurtfull to cold constitutions: For you must understand, that Beere, by how much the stronger it is, by so much the neerer it commeth unto the nature of Wine; and by how much the smaller, by so much the neerer it approcheth unto the nature of Water. Wherefore seeing that there is great difference to be found in Beere, according to the strength and smalnesse of it, it becommeth every man to have speciall respect of his owne state and temper of body, that thereby he may use of that which shall be best agreeing unto his nature. And heere I advise all such as respect their owne good, that they drink not Beere that is very strong, but in stead of Wine: (for if it be stale, well depurated from dregs, and thorowly boyled, it is in operation most like unto Wine) because the often use of it, is very greatly hurtfull to the integrity both of mind and body. And here I admonish our common Ale-pot-drunkards, that it is worse to be drunke with Ale or Beere, than with wine; for the drunkennesse endureth longer, to the utter ruine of the braine and understanding, by reason that the fumes and vapors of the Ale or Beere that ascend to the head, are more grosse, & therfore cannot be so soone resolved, as those that rise up of wine: and by the same reason I conclude, that it is worst of all to be drunk of Ale. The sixt and last property is, that the Malt whereof the Beere is made, be of full pure Corn, as of Barly or

Drunkennesse with Ale or Beere worse than with VVine.

Oates, for then the drinke made thereof, must needs be the better. And here it may be demanded, Whether Beere made only of Barley Malt, be better and wholsomer, than that which is made of Barley and Oaten Malt in equall portions mixed together, or of two or three parts of Barley Malt with one of Oaten? To which I answer, that whereas the end of the use of drinke is fourefold: 1. To quench the thirst: 2. To temper the naturall heat. 3. To moisten the inward parts: 4. To helpe the concoction and distribution of the meates, that Beere made of Barley and Oaten Malt mixed together, doth more effectually accompliſh the first three, without any manner of hindrance unto the fourth, and is also of a more lively taste, if it be kept untouched, till that it hath got a sufficient staleneſſe: whereupon I may well affirme, that Beere made of Barley and Oaten Malt mingled together, is better than that which is made of Barley Malt alone, especially in the hot seasons of the yeere: and verily for hot and dry bodies, it is at all times much more convenient, because it receiveth a singular cooling quality from the Oate.

VVhether Beere made only of Barley Malt, be better and wholsomer than that which is made of Barley and Oaten Malt mingled together? A fourefold end of the use of drinke.

Whether Cyder and Perry are for common use wholeſome and profitable drinkes.

CYder and Perry are usuall drinkes where fruits doe abound: they are cold in operation, and better or worse, according to the fruits whereof they are made. In respect of the coldneſſe of them, they are good for such as have hot stomacks, or hot livers,

livers, and by reason of a very pleasing sharpe taste which they have, if they be drunke after they are foure or five moneths old, they are of a notable penetrating faculty, and doe greatly helpe the weakenesse of the stomack, and distemperature of it, proceeding of a hot cause: for they excite the appetite, temper the drinesse of the humors and inward parts, asswage the thirst, and very greatly represse the ebullition of choler. Moreover by reason of their penetrable power, they provoke urine, and open the obstructions of the stomack, mesaraick veines, milt, liver, and reines. They are wholsome for hot and dry bodies, namely, for the cholerick, but especially the atrabilarick. Yet they are not good to be used as common drinke, with meats, except of them that have very dry stomacks, and subject to too much astriction of the same, because they cause the meats too speedily to descend from the stomack; and besides that, the much and often use of them is very hurtfull to the liver, which by over-cooling, it doth so enfeeble and dispoliate of its sanguifying faculty, that the colour of the face becommeth pale and riv'led, and the skin oftentimes polluted with a white spotty deformity, through an ill habit of the parts, acquired by the too often use of them. Moreover, the much and often use of these drinkes doth exceedingly weaken the braine and reines, whereupon rheumes and seminall fluctions, aches of the joynts, weaknesse of the limmes and back, doe very quickly ensue. They are best to be taken for whom they are agreeable, in an empty stomack, as mornings fasting, and about an houre or two before

meale, for then they better remove the obſtructions, and attemper the drineſſe of the parts. Only thoſe that are *atrabilarij*, which abound with choler aduſt, becauſe their ſtomacks are very dry, wherfrom, for the moſt part, the meats doe very ſlowly, and that not without ſome difficulty deſcend, may very profitably drinke a draught or two thereof at their meales. But let the phlegmatick, and ſuch as are of cold conſtitutions, or ſubject unto the windie collick, altogether eſchew the uſe of theſe drinks, becauſe they abundantly opplete their bodies with wateriſh, crude, and windy humors, with a ſudden labefaction of the liver. They are meliorated, by putting to them Sugar, Nutmeg, and eſpecially Ginger, which chiefly correcteth their crude and windy quality. Of theſe two ſorts of drinks, *cæteris paribus*, Perry for pleaſantneſſe and goodneſſe hath the precedency, which in taſte is like unto a ſmall Rheniſh-wine, from which it differeth but little in operation. But you muſt underſtand that theſe drinks, while they be new, are very hurtfull, becauſe they conſiſt of much excrementall moyſture, which abundantly filleth the body with crude and flatuous humors. But after that the excrementall ſuperfluity of them, by proceſſe of time is concocted and abſumed, which in foure or five moneths will very well come to paſſe, the uſe of them, as I have ſhewed, may be very profitable to coole, to moyſten, and to open obſtructions.

Cyder and Perry very hurtfull unto cold bodies, and ſuch as are troubled with the wind collick.

Whether

Whether Metheglin and Meath are wholsome for every age and constitution of body.

METheglin is a very strong kinde of drink, made of three or foure parts of Water, and one of Hony, boyled together, and scummed very cleane, and if Rosemary, Hyssop, Time, Maiden-haire, Organie, and Sage, be first well boyled in the water, whereof you make the Metheglin, it will be the better. And afterwards, when you boyle the same water with Hony, if you also boyle in it a quantity of * Ginger, three or foure wambles about, after that it is cleane scummed, or else hang the Ginger sliced thin in a linnen bag, by a thred, in the barrell, wherein you put the Metheglin, it will be much the better, and a drink exceeding wholsome in the Winter-season, especially for old folks, and such as be phlegmatick, and have feeble sinewes, cold stomacks, and troubled with the cough. For besides the singular faculty that it hath, of heating the body, it hath also a very speciall absterforie property, for the removing of fleame residing and sticking in the stomack, braine, and sinewy parts: it is best in the mornings fasting. But it is not good for such as are hot by constitution, nor in the hot seasons of the yeere, because it overmuch heateth the body, and is very quickly turned into red choler, and therefore let such as are cholerick, beware how they use it. If in their old age, cold fleame shall somwhat abound in their stomacks and lungs, then sometimes mornings fasting, a small

* As to every tenne gallons of vvater, an ounce of Ginger sliced.

draught thereof may be profitable for them. It must not be drunk while it is new, for then, because it is not fined from the dregs, nor the crudities thereof digested, it is very windy and troublesome to the belly. But after that it hath well purged it selfe, and setled in the vessell three or foure moneths, and made as afore described, there is not for very cold, old and phlegmatick bodies, especially in the cold seasons of the yeere, a better drink, as by the properties thereof above shewed, may be collected.

Meath.

Meath or Mead, is like to Metheglin, the chiefest difference is, that it is not so hot in operation; for Meath is made of one part of Hony, and six times so much of pure water, or more,* and boyled till no scumme doth remaine. This is a drink of excellent operation, very profitable to all bodies, from the beginning of Aprill, to the beginning or middle of September, for the preserving of health, to be taken in an empty stomack: for it clenseth the brest and lungs, causeth an easie expectoration, provoketh and procureth urine abundantly, and maketh the belly soluble. If Hyssop, Time, Maiden-haire, Organie, Pellitory of the wall, Parsley-roots and Fennell-roots be first well boyled in the water, whereof you make the Meath, and Ginger also boyled, or hanged in the barrell, as I have afore shewed in the making of Metheglin, it will be of a more effectuall operation, for the purposes afore-said, and a drink, beleeve me, beyond all other, profitable for them that are subject to the obstructions of the brest, and reines of the back. But it must not be drunken, untill the crudities thereof be concocted, and the dregs setled

* According to the strength you desire to have it; or as the temperature of the body shall require.

setled in the bottome, which in a moneth will be well effected.

Thus much concerning the sorts of drinks, which are in common use among us: there are also sundry other sorts made for our necessities, as *Aqua vitæ*, *Rosa solis*, Cynamon-water, Hypocras, &c. of all which, because they are to be used as medicines, I will not speake particularly: only of the first of them, because that upon any necessity it is in greatest use and request among us, I will for the use of such, who now and than need such a comfortable drink, briefly intreat.

Whether Aqua vitæ *be good and agreeable for all bodies.*

Aqua vitæ hath his denomination, in that it recovereth and maintaineth life: The common manner of making it, is to distill it out of the lees of Wine, or of the lees of strong Ale and Wine together, by adding thereto Lycorice, Annis-seeds, and graines; but this common vendible *Aqua vitæ*, both in regard of the grosse substances from whence it ariseth, as also of the rude manner of preparing and distilling it, may more rightly be named *Aqua mortis*, the Water of death; for it causeth more hurt, than commodity to them that use it: wherefore I will here describe an easie manner for the making of *Aqua vitæ*, yet very effectuall for them that need such a comfortable drink.

Take of the tops of Rosemary, of Sage, of Marjoram, of Organie, of Time, of Wormewood, of Spere-mints,

mints, of Balme, of each one handfull, of Ginger ſcraped cleane one ounce, of Nutmegs & Cynamon of each halfe an ounce, of Cloves, Mace, Pepper, and Graines, of each a quarter of an ounce, of Galingale roots ſliced one ounce, of Raiſins of the Sun cut thorow the middle one pound, of Fennell-ſeeds and Annis-ſeeds of each two ounces, of Lyquorice ſcraped cleane, and cut into thinne ſlices, halfe a pound: bruiſe the Spices and Seeds a little, and break the hearbs betweene your hands, then put all together into a gallon or two of Sack, or ſuch like ſtrong Wine, and ſo let them infuſe in a Lymbeck-pot cloſe ſtopped, foure and twenty houres upon hot embers, and the next morning diſtill them with a very temperate fire, and take eſpeciall care, that the head of your Lymbeck be kept cold continually with freſh water, and that the bottome thereof be faſt luted, that none of the vapours breath forth. Out of this liquor, you may draw a quart of excellent *Aqua vitæ*. And if then to the feces in the pot, you will adde a gallon of ſtrong Ale, or lees of wine, or of them both, with halfe a pound of Liquorice, foure ounces of Annis-ſeeds, and an ounce of Graines, and diſtill it againe, you ſhall draw an *Aqua vitæ*, good for your families, and poore neighbours in their neceſſities.

Now to the queſtion I anſwer, that for the moſt part there is not any Water in uſe, which can better fortifie life, and hinder the comming on of old age, than the afore-ſaid *Aqua vitæ*: for it very greatly comforteth a weake ſtomack, expelleth winde, putteth off all melancholick paſſions, preſerveth the humors

humors from corruption, and excellently prevaileth againſt ſwounding; for by reaſon of a notable penetrable power that it hath, it quickly goeth unto the heart, and wonderfully raiſeth up faint and feeble ſpirits. But the uſe thereof is not alike wholſome, and good for all bodies; for unto them that are lean, and of a dry nature, and in the Summer, it is very pernicious becauſe it dryeth up, and (as it were) ſcorcheth their inward parts, eſpecially the liver, and deſtroyeth the naturall moiſture: But to old men, to groſſe and moiſt bodies, it is very profitable: for it fortifieth their ſtomacks, concocteth excrementall humors, diſcuſſeth wind, and defendeth them from the Lethargie, Apoplexy, and other cold diſeaſes, unto which, by reaſon of their moiſt habit of body, they are very ſubject. Wherefore the moderate uſe therof is to be permitted unto cold and phlegmatick bodies, eſpecially in cold and moiſt ſeaſons, to wit, upon the taking of much meat, or when the ſtomack ſhall be vexed and diſtended with wind, the quantity of a ſpoonfull or two at a time, well ſweetned with Sugar, that it may the leſſe affect the brain and noſtrils, or cauſe any hurt to the liver, through its fervent and penetrating heat. If it be taken with an equall portion of Worm-wood water, as a ſpoonfull or two of the one, and ſo of the other, with Sugar alſo in it, it exceedingly comforteth the ſtomack, helpeth the concoction, and diſcuſſeth wind, without cauſing any manner of hurt to the liver: and being taken in this manner after a great meale, or whenſoever the ſtomack ſhall be ill-affected, by reaſon of windineſſe or otherwiſe, it is not

Aqua vitæ very hurtfull unto dry bodies.

onely good for the phlegmatick, and such as are cold by constitution, but agreeable also and wholsome for all other bodies. But if such as are impensively hot and dry in their state of bodie, stand in need of the help thereof in the like cases, I advise them to take two or three parts of Wormewood water, and one of *Aqua vitæ*, mingled with Sugar, and so they may securely and profitably use it.

Of the flesh of Beasts and Fowles.

Sect. IIII.

Whether all Beasts and Fowles, are for goodnesse of meat, more wholsome being young, than when they are grown unto fuller age.

BEfore I answer to the question, you must understand, that we make foure differences in the age of beasts, that is to say, the time of sucking, of youth, of middle age, of old age.

Now to the Question, I answer negatively: for those beasts or fowles, that have by nature moyst flesh, are for goodnesse of meat more wholsome when they are growne to fuller age, than when they are sucking, or very young, because that then they are over moist, and of excrementall, slimy, and phlegmatick juyce, which as they increase in age, is much

much wasted and dried away: wherfore Hoggrels, and young Weathers, are for goodnesse of meat, better and more wholsome, than sucking Lambes: and it is the like also of Pork; notwithstanding, that rosting Pigs are of most men greatly desired, and for some certaine bodies very profitable. For verily, these kinds of beasts, that are naturally moyst, are, when they are young, wholsome enough, yea, very profitable in the Summe-season, for cholerick and dry bodies, because they yeeld a moyst nourishment, which doth well temper and amend the dry temperature, or rather, the untemperate drinesse of such bodies. To all other bodies, especially such as are cold and moyst, they are exceeding hurtfull, because a very moyst kind of food, doth in them increase a very moist distemperature, and quickly maketh the same altogether sickly. But those Beasts or Fowles, whose flesh is naturally dry, are best when they are young and sucking, for then their drinesse is attempered with the moysture of their youngnesse. And by how much the younger they are, by so much the moysture they are, and consequently of easier concoction, and also of better juice, after that they have once attained unto perfection of flesh. Wherefore Kids and Calves are, for goodnesse of meat, better than Goats and Oxen; and the like is also to be said of Pigeons, Fawnes, &c. And those verily, that are of a meane temper and consistence of flesh, are for good nourishment the best, and not onely in their young, but also in their full and middle age, very wholsome and agreeable for all bodies. Such are Capons, Turkies, Phesants &c.

But generally, all Beasts and Birds, that are of the fourth age before mentioned, whether they be naturally dry or moist, are naught and unwholsome: for they are tough, of a very hard concoction, and breed an evill and melancholick juyce; yet they are good enough for robustious and rustick bodies.

Whether flesh that is corned and seasoned with salt, be wholsomer than that which is unsalted?

I Answer, that flesh which is poudred, or seasoned with salt for the space of one, two, three, foure, or five daies, according as the nature of the flesh, the complexion of the eater, and the time of the yeere shall require, is farre more wholsome than that which is fresh and unsalted: becausse, the salt doth purifie the flesh, and make it the more savory, by drying up and consuming the watry and excrementall moisture of it. And this is not to be understood of all sorts of flesh, but of the grosser kinds, as of Beefe, Pork, &c. for such are wont, and only ought to be sprinkled, seasoned, and conserved with salt. And I have, not without good reason, before limited the time for seasoning of flesh with salt, according as the nature of the flesh, the complexion of the eater, and the time of yeer shall require, because the flesh which is very grosse and moist, requireth a longer salting, that the superfluous moisture therof may be the better exsiccated. A complexion hot and dry doth require moister meates; but a cold and moist

constitution

constitution requireth dryer: to the one therefore a shorter, to the other a longer time of salting the meates, is best agreeable. And in respect of the time of the yeer, it is sufficient in the Spring and Summer to have it powdred a day or two; in the Autumne for the space of two or three dayes; and in the Winter foure or five dayes at the most, because mans body at that time, by reason of the cold constitution of the season, doth more abound with superfluities. But the flesh which is longer preserved in salt, or brine, or after that it is salted, hanged up to dry neere the fire, which we commonly call Martimasse Beefe, doth lose his purity, and is of very hard digestion: it breedeth cholerick and melancholick humors, very apt for adustion, especially that which is hanged up to dry, and therefore it is to such as be cholerick and melancholick, though for the most part well pleasing to their pallats, most hurtfull. I leave it only as convenient for labouring men, and such as have very strong stomacks, or like to have their meat commend their drink.

Why is that flesh which is meanly or competently fat, more wholesome and more nourishing than that which is very fat, or leane?

THe reason is, because that flesh which is over-fat, is hurtful to the stomack, by causing a nauseative disposition, & yeeldeth little nourishment, & the same not good but excrementall: for it is quickly converted into flegme, choler, and putrid vapors. And flesh that is lean, is of a dry substance, hard

of concoction, and of little and ill nouriſhment. But fleſh that is meanly fat, is the beſt and eaſieſt of concoction; for it giveth pureſt nouriſhment, and is moſt agreeable to the ſtomack. And here by the way obſerve, that of fleſh the whiteſt is the beſt; for by how much it doth in colour degenerate from whiteneſſe, by ſo much it is of worſe juyce.

Whether Kids fleſh be better than Lambe? And whether Lambe than Mutton.

THe Arabian Phyſicians preferre Kids fleſh before all other fleſh; becauſe (as they ſay) it is of a more temperate nature, and breedeth pure bloud, which is in a meane betweene hot and cold, ſubtile and groſſe. *Iſaac* ſaith, that ſucking Kids are for taſte, nouriſhment, and digeſtion better than other; whoſe opinion I approve, becauſe the milke giveth and maintaineth in them an excellent moiſture: wherefore their fleſh is ſingularly good for hot, dry, and extenuated bodies, and for them that have weake ſtomacks, and are from ſome long ſickneſſe upon a recovery to health, ſo they eat it roſted. But by reaſon that it ſomewhat aboundeth with an excrementall moiſture, it is hurtfull for the aged, and ſuch as are phlegmatick, and that have cold and moiſt ſtomacks. For although Kids fleſh be deemed to be temperately hot and moiſt in the firſt degree; yet it is more moiſt than hot, and withall ſomewhat ſlimie: wherefore to their opinion concerning the goodneſſe of Kids fleſh above all other, I ſee no reaſon why I ſhould yeeld my ſubſcription; for

for I thinke Veale to be for goodneſſe and wholſomneſſe of meat, rather ſuperiour, than any way inferiour unto it, as ſhall be hereafter ſhewed. But howſoever it be to an Arabian ſtomack, or whether the Kids of Arabia be in ſubſtance leſſe moiſt and ſlimie than ours, as it is very likely, I ſuppoſe Kids fleſh to be ſomewhat better than Lambe: for Lambe reaſon of much viſcous humiditie in it, increaſeth crude & phlegmatick humors. Wherfore it is not ſo wholſom in the winter & former part of the Spring, as it is from the later end of the Spring unto the beginning of Autumne, in which ſpace (by reaſon that the Aire is commonly hot & dry) ſuch moiſt fleſh is beſt agreeable unto mans bodie. It is moſt profitable for them that are by conſtitution hot and dry, and that abound with aduſt and cholerick humors; but it is not convenient for old men, or for them that are phlegmatick, eſpecially the much uſe of it; for by by reaſon of the much moiſture which it hath, it repleateth their ſtomacks with crude and phlegmatick humors. Lambe of two or three moneths old is the beſt; for the younger it is, the more it aboundeth with a crude ſuperfluous moiſture; and if it be well roaſted, it giveth the better nouriſhment, becauſe the moſt part of the crude ſuperfluities in it, are by the force & efficacy of the fire, well waſted and digeſted. Lambes that are weaned, and afterwards fatted, are wholſomer for meat than when they were ſucking, becauſe their fleſh doth leſſe abound with ſuperfluous moiſture; and if they have their feeding in hilly paſtures, they yeeld the purer nouriſhment, and are a very good meat for thoſe that have weak ſtomacks,

macks, or live a ſtudious kind of life. The fleſh of Hoggrels and young Weathers is a right wholſome and temperate meat, it breedeth very good blood, and is eaſily digeſted: It is better than Lambe, for it yeeldeth a more pure and ſubſtantiall nouriſhment, and is convenient for every ſeaſon, age, and temperature. The fleſh of elder ſheep is not ſo wholſome, for it is of a dryer nature, of harder concoction, and of worſer juyce. It is convenient for labouring men, and ſuch as have good ſtomacks to digeſt. Of Mutton therefore that is the beſt, which is of an yeere or two old, and if it be of a young Weather, it is beſt of all, for it is of a very temperate nature, of an eaſie concoction, and of pure, firme, and copious nouriſhment.

Mutton.

Whether Veale for goodneſſe of nouriſhment be better than Beefe.

VEale, if it be competently fat, is pleaſant to the taſte, and eaſily digeſted; it is very nutritive, and the nouriſhment thereof is exceeding good. For hot and drie bodies, for thoſe that are weake, and given to a ſtudious kind of life, it is farre better than Beefe. Moreover Veale is a more odoriferous fleſh than any other, and in this reſpect it is farre before Kids fleſh, and not behind it in any other; but rather (in my opinion) it ſhall as well for pleaſantneſſe of taſte, and goodneſſe of juyce, as for ſweetneſſe of ſavour, have the precedency of Kids fleſh. And I beleeve, that if thoſe Arabick Phyſicians had ever taſted of our Veale, they

they would without any ſcruple, have given unto it the preheminence. But you muſt not underſtand this my aſſertion of all Veale indifferently, for it muſt not be too young nor leane; for if it bee too young, then it is over-moyſt, crude, and excrementitiall; and if it be leane, then it is not ſo nutritive, nor ſo acceptable to the taſte and ſtomack. But if it be of the age betweene one and two moneths, and competently fat, then it is of an excellent temperament, and nutriture, and for every ſeaſon, age, and temperature, exceeding all quadrupedall creatures. And although Veale be for all bodies convenient, yet for thoſe that are hot and dry, by reaſon of the pure and pleaſant moyſture thereof, it is moſt profitable. The fleſh of Steeres, which we commonly call Steere-beefe, and ſo alſo of Heyfers, is of a firmer ſubſtance than Veale; it giveth to the body much good and ſubſtantiall nouriſhment, and therefore for them that are healthy, and of a ſound ſtate of body, it is very agreeable, and not inferiour unto Veale, though it be not altogether of ſo pure a temperature, and nouriſhment. Beefe of Oxen that are of middle age, is for goodneſſe of juyce, and eaſineſſe of concoction next unto it: it is agreeable enough for young men that are of perfect health, and for any that have good ſtomacks, and are of a firme habitude of body; but unfit for ſuch as are by nature weake, or any wayes enclined to melancholy, or dry of conplexion. Beefe of older Oxen is of a very hard and groſſe ſubſtance, it is very hardly digeſted, and breedeth a thick, groſſe, and melancholick bloud, which by reaſon

Steere or Heyfer Beefe.

of the difficult distribution of it, causeth obstructions, especially of the spleene, and melancholick diseases: and therefore to melancholick bodies it is most hurtfull. But to rustick men, that labour painfully in the fields, and for those that inhabit cold Countreys, whose concoctive faculty is commonly strong, it is agreeable enough: for by reason of their great labour, and strong internall heat, they will too soone resolve the juyce of lighter meats. But to those that lead a resty or studious kind of life, it is very hurtfull. Now by this that hath beene declared, it may plainly appeare, that those hurts that are of *Galen* in his third Book of the faculties of of nourishments attributed unto Beefe, ought specially to be understood of old Beefe, which in truth is unsavory, tough, and of a very hard concoction.

Bulls Beefe.

Buls Beefe is of a ranck and unpleasant taste, of a thick, grosse, and corrupt juyce, and of a very hard digestion. I commend it unto poore hard labourers, and to them that desire to look big, and to live basely.

Whether Swines flesh be no lesse wholsome, than it was estimated to be, by most of the ancient Physicians.

SWines flesh, because of the strong and abundant nourishment that it yeeldeth, as also of the likenesse that it hath unto mans flesh both in savour and taste, is of *Galen* and other of the ancient Physicians, commended above all other kinds of flesh in nourishing the body. But in my opinion, the

the choice of flesh is rather to be taken, from the goodnesse of the food whereby it is bred, from an odoriferous pleasantnesse of the same, laudable substance, good temperature, easie concoction, and goodnesse of juyce that it breedeth, than from the strongnesse of nourishment that it giveth, or the aforesaid similitude. In respect of all which, Veale, Mutton, Steere, or Heyfer Beese are to be preferred before Pork. I confesse that Pork is to most peoples pallats very pleasing, and that it, so it be well digested, yeeldeth unto the body much and firme nourishment; but it is with difficulty digested, and the nourishment thereof is to moyst, grosse, glutinous, & obstructive. Wherfore I will here advertise all pallat-pleasers, that they shall sooner surfet, and that more dangerously, with Pork, than with any other flesh: and that Pork is good and wholsome for bodies that be young, strong, and exercised in great labour, and not disposed to oppilations, for the cholerick and them that desire to be fat. And of such, must *Galen* and other Physicians, that have so greatly written in the commendation of Pork, be understood. And in very deed, hot, healthy, and strong bodies, that undergoe great labours, require (for the conservation of their strengths) much firme and durable nourishment, such as Pork, in regard of the grosse substance of it, doth very effectually suppeditate. But seeing that Pork is of hard digestion, and in substance more grosse than convenient, it is not good for them that be aged, that are grosse, that have weak stomacks, that live at ease, or are any wayes unsound of body. For in such it causeth ob-

ſtructions of the meſaraick veines, liver, and reines, the Gowt and Dropſie, eſpecially if they ſhall be cold and moyſt by conſtitution: for unto ſuch is Pork very greatly hurtfull, becauſe in them it is wholly converted into crude and phlegmatick humors. Wherfore let ſuch as are phlegmatick, aged, or ſubject unto obſtructions, that lead a ſtudious life, or have queaſie ſtomacks, altogether abſtaine from the uſe of Pork. There is great difference in Pork according to the age of it: the beſt is that, which is of the age from ſix moneths unto a yeer, and not over-fat: for then it aboundeth more with ſuperfluous moyſture, nouriſheth leſſe, and is more fulſome to the ſtomack.

Bacon. Bacon is not good for them that have weak ſtomacks: for it is of hard digeſtion, and breedeth aduſt and cholerick humors. But for ſtrong labouring men, and them that have good ſtomacks, it is convenient enough. A Gammon of Bacon is of the ſame nature, but not ſo good; for it is of harder digeſtion, and the beſt vertue that it hath, is to commend a cup of Wine unto the pallat.

Gammon of Bacon.

Brawne. Brawne is in no wiſe an wholſome meat: for it is of hard digeſtion, and breedeth groſſe and tough humours: If it be young, it is the better; for then it is the more tender and eaſier of concoction; yet nevertheleſſe in regard of the crude groſſeneſſe of it, it breedeth ill juyce in the body. It is commonly eaten at dinner before other meats, which cuſtome is very prepoſterous, for it letteth the good concoction and diſtribution of other meats. And becauſe it is a meat of groſſe juyce and hard concoction, we com-

commonly uſe to drink a draught of ſtrong Wine or Ale, preſently after the eating of it, to help the digeſtion, but good Wine is badly beſtowed upon ſuch a meat: for howſoever it may heat and comfort the ſtomack, yet it can never cauſe that meat to be converted into good nutriment.

Roſting-pigs.

But it is worthy of enquiry, whether ſucking Pigs, that are of moſt men greatly deſired, which wee commonly call Roſting-pigs, yeeld good and wholſome nouriſhment to the body? The fleſh of Roſting-pigs is very moyſt and excrementitiall; yet very pleaſant to the taſte, and eaſily digeſted: it is very wholſome for all cholerick and dry bodies, becauſe the juyce that is bred therof, doth excellently temper the over-much heat of cholerick bloud, and very profitably moyſten the inward parts. But for the aged, and thoſe that are phlegmatick, and cold by conſtitution, it is greatly hurtfull: for by reaſon of the over much moyſture of it, it breedeth in them abundance of crude and phlegmatick humors. And verily for the ſame cauſe there is not a better and wholſomer meat for hot and dry bodies; but in regard of the over-moyſt and ſlimie nature of it, a cup of good Wine will do very well with it, as Claret, for ſuch as are hot and dry by conſtitution; but for other, Sack is beſt agreeing with it.

Whether Veniſon of Fallow-Deere be wholſomer than that of Red-Deere.

VEniſon, whether it be of Fallow-Deere, or of Red, is of hard digeſtion, and of ill juyce: for it engendreth groſſe melancholick bloud, which quickly cauſeth obſtructions of the Liver and Milt. Wherfore let ſuch as have weak ſtomacks, and thoſe alſo that are by conſtitution melancholick, or ſubject to obſtructions, eſchew the uſe of it. It is by good cookery ſomewhat bettered, and it was verily a good invention for amending of the noiſomeneſſe of Veniſon, to drinke Claret-wine plentifully with it, becauſe that Wine cauſeth it to be the better digeſted, and is alſo of a contrary nature to the humor that Veniſon moſt of all breedeth. Both kinds of fleſh are of a dry temperature, and therefore the fatter the fleſh is, the better it is (eſpecially to eat it cold, becauſe that then the fatneſſe of it, is not ſo fulſome to the ſtomack as when it is hot) for the ſiccity of it being amended by the fat, is reduced unto a certain mediocrity in ſuch fleſh. And if they be well hunted before they be killed, their fleſh is the wholſomer, for by often and long courſing of them, their bloud becommeth more thin and ſubtill, and the evill humors diſſipated, by reaſon wherof, the fleſh is more eaſily digeſted, and yeeldeth better nouriſhment. The younger and the fatter Deere are to be choſen, becauſe they are of a moiſter temperature, and conſequently of a ſofter ſubſtance, of eaſier concoction, and of wholſomer nouriſhment.

nishment. For if they bee old, or leane, they are of a very hard concoction, troublesome to the stomack, and unwholsome for the body, becausе they breed an earthy and melancholick bloud. I judge the flesh of Red-Deere to be much inferiour to that of Fallow-Deere: for Hart or Red-Deere is a course grained Horse-like meat, yeelding a very grosse and bad nutriment: but the flesh of Fallow-Deere is of a better savour, and not of so grosse and hard a substance, and therefore of easier concoction, and of wholsomer juyce. Some doe suppose Venison of Fallow-Deere to be of a middle nature betweene the flesh of Red-Deere and of Weathers; for after their judgement, it is by so much moyster, softer and easier of concoction than the flesh of Stags, as it is dryer, harder, and of more difficult concoction, than the flesh of Weathers: which opinion, because it hath some probability, I will not much contradict: onely I think that there is a neerer parity of nature betweene the flesh of Fallow-Deere, and of the Red, than there is betweene that of Fallow-Deere, and of Weathers: for in all respects, *cæteris paribus*, both for tendernesse of substance, easinesse of concoction, pleasantnesse, and goodnesse of juice, the flesh of Weathers doth excell it, although some, by reason of the scarcity of Venison, may otherwise deeme.

Hares

Hares, whether so wholsome for meat as Conies.

HAres flesh, especially if it be of an old Hare, is of a very dry temper, of a hard digestion, & breedeth melancholy more than any other flesh, which the blacknes therof convinceth: wherfore itis not for the goodnes of the flesh, that Hares are so often hunted, but for recreation & exercising of the body: for it maketh a very dry, thick, and melancholick blood; and being often eaten, breeds *Incubus*, and causeth fearefull dreames. The younger are farre better then other, by reason that the naturall siccity of the flesh is somewhat attempered by the moisture of the age. And by the same reason the fatteſt are also best. The flesh of young Hares is somewhat easily digested, and yeeldeth nourishment laudable enough; yet I may not commend it to such as are affected with melancholy. But the flesh of old Hares is not commendable for any age or constitution; but most offensive to them that bee aged, that are of a melancholick temperature, that are subject to obstructions, or that lead a studious kind of life.

Conies are of the nature of Hares; yet of much wholsomer nourishment, especiall being fat. But Rabbets somewhat well growne, are of a farre more excellent temperature and nourishment; and for goodnesse of meat, but little inferiour to the Capon: for they give unto the body a most wholsome, cleane, firme, and temperate nutriture. They are very easily concocted, and are good for every age, and

Rabbets.

and temperature of body, especially for the sick, and such as lead a studious or delicate course of life, or that are of a phlegmatick temperature.

Why is Goats-flesh accounted unwholsome, seeing that Kid is of a very commendable nourishment, as hath been shewed?

THe wholsomnesse of Kids-flesh is in regard of the youngnesse of it: for as Kids grow to be Goats, their flesh acquireth a ranck savour, and is also of a very tough and clammy substance: wherfore it is unpleasant to the taste, hurtfull to the stomack, and breedeth a clammy, and fleamy nourishment; yet in the end of the Spring, and the beginning of Summer, they are better for meat, than at other times: for then, by reason of the great plenty of young sprigs and shoots, which yeeld unto them fittest nourishment, they are fatter, and consequently of tenderer substance, of easier concoction, and of better nourishment. There are also divers other kinds of flesh, which poore people in time of scarsity, are oftentimes constrained to make use of; but because they are altogether unwholsome, and alienate from the taste of wholsome meats, I will let them passe; only I marvell, why Frogs and Snailes are with some people, and in some Countries, in great account, and judged wholsome food, whereas indeed they have in them nothing else, but a cold, grosse, slimy, and excrementall juyce: wherefore I conclude, that they are altogether unwholsome, and that the custome of

eating such meat is naught, and that they have very corrupt stomacks, that desire such corrupt meate.

And thus much of the flesh of beasts. Now I will entreat of Fowles, and first, of such as are tame.

Whether doth the Capon, for goodnesse and wholsomnesse of flesh, excell all other domestick Fowles?

Capon. THe Capon being fat and not old, is generally for all bodies, and in all respects, for wholsomnesse of meat, the best of all Fowles: for it is easily digested, and acceptable to the stomack, and maketh much, good, firme, and temperate nourishment, almost altogether free from excrement.

Hens. Hens, if they be young, and meanely fat, are also of easie concoction, and of very good and excellent nourishment, even equall to the Capon; but the nourishment which they make, is not altogether so strong. To conclude, Hens and Capons deserve one and the same praise of breeding good and perfect bloud. They are very agreeable for every season, age and constitution.

Chickens. Chickens, both for pleasantnesse of juyce, and easinesse of concoction, are very gratefull to the stomack; for there is not any flesh of lighter digestion, or more agreeable with all natures. They give a pure and light nourishment, and therefore they are best for them that live a dainty kind of life, for weak stomacks, for them that be sick, or weak, and sickly by nature. They are the best, that are growne some-

somewhat great (especially the Pullets) because they are somewhat of a firmer nourishment; but the male ones, which are called Cockrels, when they are grown big, are not so good, and the greater they are, by reason of their salacity, the worse they are, because they are of harder concoction, and not of so pleasant and well-savouring juyce: wherefore their stones are taken from them, and afterwards, as they grow in good plight of body, their flesh is of all Fowles the best and wholsomest for Students, and such as live delicately, or are by nature weak and sickly: for it is easily digested, and yeeldeth much, temperate, and excellent nourishment. Pullets. Cockrels.

The flesh of Turkies is of a temperate nature, of pleasant taste, not of hard concoction, of much, good and firme nourishment, agreeable to every age and constitution. If the legs and hinder parts of them were, for easinesse of concoction, and goodnesse of meat, answerable to the brest and forepart, and the fat also proportionable to the flesh in goodnesse, they were scarcely inferiour to the Capon; but the fat is grosser, and of worse concoction, than of any other Fowle, very offensive to the stomack, and hurtfull to such as have the Gout, or subject unto a defluction of humors. But although the fat be not commendable, yet the flesh of the fat Turkie is best, and most wholsome, because it is of easier concoction, and of more pure and temperate nourishment. They are to be chosen from the age of six moneths, unto a yeer and a halfe, but they of eight, nine, or ten moneths old, are the best; for if Ginnies, & Turkies.

they be under the age of six moneths, then their flesh is too crude and excrementitiall; but most of all hurtfull unto moyst and full bodies, and such as are subject unto the falling downe of humors into the legs and feet. And if they be above a a yeere and halfe old, then their flesh is of harder substance, and consequently of a more difficult concoction, and of worse nourishment: and therefore most unfit for weak stomacks and infirme bodies.

Peacocks. The flesh of Peacocks is of hard substance, and of no great commendable nutriment, digested with difficulty, and breedeth a thick and dry melancholick bloud: wherefore it is a convenient meat for them that have strong stomacks, and that use great exercise, for it yeeldeth unto such a strong and fit nourishment. They are best to be eaten in the winter, and if after that they be killed, they be hanged in a cold place, three or foure dayes, or longer, if it be in a cold and dry season, the hardnesse of their flesh, which is as much as of any other Fowle, will be somewhat amended. Those that are very young, and not above a yeer old, are the best: for as they are of a more soft and tenderer substance: so also they are of easier concoction, and of wholsomer juyce. They are very hurtfull to the melancholick, and to such as live an easie kind of life.

Pigeons. Pigeons are of an hot temperature, and of easie concoction: they breed an inflamed bloud, and extimulate carnall lust: wherefore they are not commendable for those that be cholerick, or enclined unto fevers: they are good for old men, and very wholsome for them that be phlegmatick; but being boyled,

boyled, they are wholsome enough for all hot and cholerick bodies, because the heat of them is tempered by the moysture of the water. They are most convenient for cold seasons. It is very good, when you eat them roasted, to stuffe them with sowre grapes, or unripe goose-berries, and to eat with them the sowre grapes, or berries in manner of a sawce, with butter and a little vineger also, if it shall not bee sharp enough of the berries, because the sowre grapes or goose-berries, doe excellently qualifie and temper the heat of them: and being this way used, they are also the more agreeable for hot and dry bodies. The eating of Pigeons in time of the plague is much commended, because they are thought to make a man safe from infection: which thing verily is not repugnant to reason, for they breed a strong, hot, and somewhat a thick bloud. They are best to be eaten, when they are almost ready to flie; and before their heads be pulled off, let them bloud with a knife upon the inner side of the wings, for by that meanes their vehement heat will be somewhat abated. The old Doves, both for their very great heat and drinesse, and also for their hardnesse of digestion, are to be eschewed, except of rustick people, and them that have very strong stomacks.

Whether doth the Pheasant, for sweetnesse and wholsomenesse, excell all other wilde and sylvestriall Birds? And whether the Teale, all other water-fowle?

THe Pheasant is in all qualities temperate, of easie concoction, and comfortable to the stomack, and of much and excellent nourishment, very profitable for every age and constitution. For sweetnesse and pleasantnesse of taste, it excelleth all other Fowle; and for nourishment, is of a meane betweene the Capon and the Partridge: verily, for goodnesse and pleasantnsse of flesh, it may of all sylvestriall Fowle, well challenge the first place at tables: for it giveth a most perfect and temperate nourishment to them that be healthy, and to the weak, sickly, or that are upon a recovery unto health, there is not so profitable a flesh, for it is very delightsome to a weak stomack, and quickly, by reason of the pure and restaurative nourishment which it giveth, repaireth weak and feeble strengths: wherfore, for bodies that are naturally leane, weak, or extenuated by long sickenesse, it is farre better than the flesh of any other Fowle.

Partridge. Next to the Pheasant for goodnesse of meat, is the Partridge, so it be young: for the flesh of old Partridges is neither to the pallat, nor stomack, very welcome, especially if they be not fat; for it is of a very dry temperature, of hard concoction, and of a dry and melancholick nourishment: wherefore they are in no wise convenient for the melancholick, or such

ſuch as are ſubject to coſtiveneſſe: But the fleſh of them that be young, is of a laudable temper, of eaſie concoction, and very acceptable to the ſtomack, it yeeldeth very good nouriſhment, which impinguateth the body, helpeth the memory, increaſeth ſeed, and exciteth *Venus*: They are convenient for every age and conſtitution; eſpecially for them that have moiſt ſtomacks, that are ſubject to fluxes, and that are *in ſtatu convaleſcentia.* The young ones that are taken even as they are ready to flie, and afterwards fatted, are the beſt, for they make a pure and excellent nouriſhment. They are only hurtfull to Country-men, becauſe they breed in them the Aſthmatick paſſion, which is a ſhort and painfull fetching of breath, by reaſon wherof they will not be able to undergoe their uſuall labours. Wherfore, when they ſhall chance to meet with a Covie of young Partridges, they were much better to beſtow them upon ſuch, for whom they are convenienr, than to adventure (notwithſtanding their ſtrong ſtomacks) the eating of them, ſeeing that there is in their fleſh ſuch an hidden and perillous antipathy unto their bodies.

Quailes are not for goodnes and pleaſantneſſe of meat ſo wholſome as they are accounted: for they have in their fleſh much moiſt and excrementall juyce, by reaſon whereof they quickly putrifie in the ſtomack, and make a bad nouriſhment. But they are corrected, by baking them well ſeaſoned with pepper, cloves, and ſalt. Some have judged them, by reaſon of their great moiſture, to be only profitable for melancholick bodies, but their co- Quailes.

lour

lour and taſte, prove their nouriſhment to be rather quickly converted into melancholy, except you will, that their fleſh have a certaine kind of force againſt melancholy, by reaſon of a great deſire that theſe birds have to feed upon Hellebor, which is a purger of melancholy. But yet for all this, you ſhall not have my aſſent, that they are good for melancholick bodies, becauſe the *incommodum* will be *majus commodo*, as by that which ſhall be by and by ſhewed, may be collected. In my opinion they are beſt agreeable to them that be cholerick, and moſt hurtfull to the aged, and to all cold, moiſt, phlegmatick, and paralitick bodies. Some there are, that affirme Quailes, by reaſon of ſome malignity in their nature, to be worſe than any other Fowle, and ſcarcely wholſome for meat, which malignity they acquire by feeding upon Hellebor, which they greatly deſire, and other venemous ſeeds: and *Pliny* writeth, that they alone of all living creatures beſides man, ſuffer the falling ſickneſſe. Wherof they conclude, that the uſe of them engendreth the cramp, a trembling of the limbes, and falling ſickneſſe. To that which others have ſtudiouſly obſerved concerning the nature of theſe Birds, I may well aſſent, ſeeing that even the very colour, temperature, and ſavour of their fleſh doe confirme the ſame. But there are few (I think) that would feare to incurre the aforeſaid hurts, by eating of them, if they might have them. Indeed the ſcarcitie of them upholdeth their reputation, and the hurts that come by the ſeldome eating of them, are not ſenſible, but to the curious Indagator and Obſerver of things; but if they

had

had their fill of them, as they have of any other common fleſh, they would out of their experience eſteeme of them no better than they doe deſerve. But to prevent and amend, in ſome meaſure, the naughty nature of them, it ſhall be good to nouriſh them ſome time in a covenient place, with good and wholſome ſeeds, and afterwards to bake them, as aforeſaid.

Railes are of light digeſtion, and of wholſome nouriſhment, they are good for every age and conſtitution, eſpecially for them that bee phlegmatick. Railes.

The Turtle or Ring-doves differ from the Tame-doves, only in that they are greater, and more fleſhie. The fleſh of them that are young, and not above a yeer old is acceptable to the taſte, of eaſie concoction, and of much good and wholſome nouriſhment, and is thought to have an excellent property of comforting the braine, and quickning the wit. But the fleſh of the elder ones is of a dryer temperature, of harder concoction, and breedeth an ill melancholick bloud. Turtle-Doves.

The Black-bird or Owſle that is fat, is greatly commended for pleaſantneſſe of taſte, lightneſſe of digeſtion and goodneſſe of nouriſhment. Black-bird.

The Thruſh that is of a dark reddiſh colour, is of the ſame nature, but not altogether of ſo good nouriſhment: they are beſt in the winter, and are convenient for every age and conſtitution of body, eſpecially for the phlegmatick. Thruſh.

Larks are of a delicate taſte in eating, light of digeſtion, and of good nouriſhment, they are good Larks.

for all constitutions, but best for the phlegmatick.

Woodcocks. The flesh of Woodcocks is somewhat of a hard and dry substance, not easily concocted, and yeeldeth to the body a melancholick nourishment. Some judge them to approach somewhat neere unto the nature of the Partridge, and therefore is of them called the rustick Partridge; but the flesh of the Woodcock is more excrementall than of the Partridge, much more inclining to melancholy, of a more ingratefull savour, and of much more harder concoction.

Snites. The Snite for goodnesse of meat is not inferiour to the Woodcock, but rather to be preferred before it: for though the flesh hath a little smack of the Fenne; yet it is somewhat easily concocted, and yeeldeth to the body a meetly good nourishment, a little excrementall and melancholick. Wherfore both the Snite and Woodcock are least of all convenient for those that are by constitution melancholick.

Heath-cocks. Heath-cocks are of much, and laudable nourishment, and also of easie concoction: they are convenient for every age and temperature of body.

Fieldfares. Fieldfares are of a dry and melancholick substance, and therefore neither for concoction, taste or nourishment commendable.

Sparrowes. Sparrowes are of an hot temperature, of hard concoction, and of evill juyce, especially if they be eaten rosted, for then they make a dry, cholerick, and melancholick nourishment. But being boyled in broth, they become wholsome and the broth restorative.

Linnets

Linnets are both for lightneſſe of digeſtion, and goodneſſe of meat better than Sparrowes. Linnets.

The Crane is of an hard and fibrous ſubſtance, and of a cold and dry temperature: wherefore the fleſh is of very ill and melancholick juyce, of very hard concoction, and of much more excrement than nutriment. After that he is killed and exenterated, it is good to hang him up a day or two before he be eaten, for by that means, the fleſh will be more tender, and leſſe unwholſome. Crane.

The Buſtard, if he be leane, is in temperament, excrement, and evilneſſe of juyce, very like unto the Crane. But being fat, and kept without meat a day or two before he be killed, to expulſe his ordure, and then exenterated, and hanged as the Crane, and afterwards baked, well ſeaſoned with Pepper, Cloves, and Salt, is for them that have ſtrong ſtomacks a good, fit, and well nouriſhing meat. Buſtard.

The Heron is of a very hard and fibrous ſubſtance, it is hardly digeſted, and breedeth an ill melancholick bloud. Moreover, the fleſh is of a fiſhie ſavour, which in fleſh is a note of greateſt pravity. But the young Heronſhowes are with ſome accounted a very dainty diſh: indeed they are of a more tender fleſh, and conſequently, of lighter digeſtion, and better nouriſhment, if there be any good in them at all; but I leave them, and commend them unto ſuch as are delighted with meates of ſtrange and noyſome taſte. Heron. Heronſhow.

The Byttour is alſo of hard concoction, of evil taſte, and alſo of unprofitable and excrementall juyce. Byttour.

Stork. The Stork is of hard ſubſtance, of a wilde ſavour, and of very naughty juyce: for hee feedeth upon venemous wormes, &c. which he taketh up out of the waters: and therefore let him be excluded from tables.

Oxen & Key, Puet, Red-ſhank, &c. Thoſe little Birds, which by an Antiphraſis, are called Oxen, and Key, the Puet, the Red-ſhanke, and ſuch like, as live upon the Sea-ſhores, are, by reaſon of their fiſhy ſavour, to be rejected, as unwholſome and nauſeous to the ſtomack. They may (perhaps) pleaſe the pallat of ſuch as accuſtome the eating of them, and reſpect not how they fill their bodies with meats of putrid and obnoxious iuyce. But I adviſe all ſuch as are ſtudious of their health, that are aged, infirme, or that lead a ſedentary courſe of life, utterly to abandon meats of ſuch ſtrange noyſome taſte, and unwholſome nutriture.

Seagull, or Meaw. The Seagull, or Meaw, is to be rejected as all other kinds of fleſh of a fiſhie ſavour: for he is of a very ill iuyce, and is not only unpleaſant, but alſo very offenſive to the ſtomack.

Teale. Teale, for pleaſantneſſe and wholſomneſſe of meat, excelleth all other water-fowle: for it is eaſily digeſted, acceptable to the ſtomack, and the nouriſhment which it giveth, is very commendable and good, leſſe excrementall than of any other water-fowle. It is convenient for every age and conſtitution, and allowable alſo even for them that bee weak and ſickly, and ſo is not any other water-fowle.

Radge. The Radge is next unto the Teale in goodneſſe: but yet there is great difference in the nouriſhment

which

which they make; for that which commeth of the Radge, is much more excrementall than that of the Teale. Neither is the Radge so pleasant to the taste, nor by much, so acceptable to the stomack, as is the Teale.

Plover is of some reputed a dainty meat, and very wholsome; but they which so judge, are much deceived: for it is of slow digestion, increaseth melancholy, and yeeldeth little good nourishment to the body. The like may be said of the Lapwinck. But the Plover for goodnes of meat shall have the precedence, and be next to the Radge. Plover. Lapwinck.

Wigeon and Curlew are of hard digestion, and of a dry and melancholick nourishment: they are good for them that live neere to Moores, and that have no better meat. VVigeon. Curlew.

Curres are nauseous to the stomack, they give to the body a very grosse, melancholick and unwholsome nourishment. Curres.

The like may bee said of Coots, and all other water-fowle, yea of those Peckled ones, that are faire in their Feathers; yet black and foule in their flesh. They are all naught, unwholsome, and offensive to the stomack, yeeding to the body nothing but a bad excrementall melancholick nourishment. Coots and Peckled fowle

The flesh of the Fenduck, or Moorehen, seemeth for the fatnesse of it, commendable; but it is of hard concoction, and of grosse and excrementall juyce. Those that are healthy, & have strong stomacks, may boldly eat therof; but I wish other to beware of it, especially such as are of a melancholick tēperature. Fenduck, or Moorehen.

Ducks. Ducks, whether tame or wilde, are in no wise commendable; for they chiefly feed upon the very filth, and excrementall vermine of the earth. The flesh of them is neither for smell or taste commendable: it is fulsome and unacceptable to the stomack, and filleth the body with obscure and naughty humors. The flesh of domestick or tame Ducks, giveth much, grosse, and somewhat an hot nourishment, but very excrementall. The flesh of the wilde ones is of a colder temper, and not so excrementall: they are onely convenient for strong and

Ducklings. rustick bodies. But the Ducklings that are well fed with wholsome graine, are of lighter digestion, more gratefull to the taste, and of wholsomer nourishment; yet let old men, and such as are phlegmatick, or have weak stomacks, beware how they use them.

Goose. The flesh of stubble Geese is of hard concoction, and of grosse, melancholick, and excrementall juyce. But the young Geese, which are commonly

Green-Geese. called Greene-Geese, are of lighter concoction, of better taste, and of wholsomer juyce, especially if they bee fatted with wholsome graine. They are best agreeable to cholerick bodies; but they are not good meat for old men, for them that be cold and moist by constitution, or have weak stomacks.

Swan. The Swan in digestion and nutriment, is very like unto the Goose; but as he is greater than the Goose, so is he also of a more heavie, grosser, and more difficult substance to be digested. He yeeldeth best nourishment being baked, and well seasoned with Pepper, Cloves, and Salt. It is a strong melancholick

lancholick meat, and therfore convenient for them that uſe great labours, and have ſtrong ſtomacks; but not for them that be aged, or live a reſtfull and delicate courſe of life. Thus much of Fowle. Other alſo there are, which (becauſe they are ſeldome in uſe) I omit: and for them therefore let this ſuffice, that there is no ſmall difference betweene thoſe that live in mariſh places, lakes, or ſtanding pooles, and them that wander and feed upon hills, or other dry places: for according to the nature and temperature of the places, the fleſh not only of Fowle, but alſo of beaſt, is either competently dry, and free of excrements, and eaſie to be digeſted; or moyſt and excrementitiall, and hard to be digeſted.

Whether the parts of Beaſts and Fowles, beſides the fleſh, as the head and the parts thereof, the liver, the heart, &c. give good and profitable nouriſhment to the body.

THe head of thoſe animals that are wont to be eaten, as of the Calfe, Hogge, Kid, Lamb, &c. is of eaſie digeſtion, and of meetly good nouriſhment, ſomewhat crude and excrementall. The braine, &c. is phlegmatick, and breedeth a cold groſſe nouriſhment: by reaſon of the fulſomneſſe of it, it is ſoone offenſive to the ſtomack, cauſeth lothſomneſſe, and overthroweth the appetite. It is beſt agreeable to thoſe that are cholerick, that are young, and have hot ſtomacks; but to old men, and ſuch as are phlegmatick, it is very hurtfull: pepper is the beſt correctory for it. The braines of thoſe beaſts

beasts or fowles that are of a dry temperature, especially if they live in hilly and dry places, are for nourishment the best, because there is not in them, that plenty of excrementall moisture, as there is in the braines of them that are of moist complexions. The braines of Calves, Conies, Hares, Woodcocks, and Snites, are in greatest use and account; but the Conies braine is for temperature the Wholsomest. The braine of the Hare is said to be good against the trembling and shaking of the limbes: I know not whether by reason of the siccity of it, or of any hidden propriety; but seeing that the Hare is of a very melancholick and timerous nature, I think the braine of any beast or fowle of a dry temperature, to be so good, if not better, against any paralytick or trembling infirmity of the limbes, as the braine of an Hare.

Eyes. The Eyes are of a cold and moyst temperature, of light digestion; but by reason of the pituitous fatnesse of them, they are fulsome and offensive to the stomack. They make an ill and excrementall nourishment: they are best agreeable to such as have hot and cholerick stomacks, but to the phlegmatick, and them that have cold stomacks, they are very noysome. The Eyes of a Calfe are the best.

Eares. The Eares are of hard digestion, and of very little nourishment; for they consist of nothing else but gristle and skinne.

Marrow. Marrow is much more laudable than the braine; for it is sweeter and pleasanter, of a firmer substance, and of an hot and moyst temperature. It maketh much, good, and pure nourishment: it increaseth

creaſeth the geniture, and excellently ſuſtaineth and reſtoreth the vitall moyſture. Moreover, it mollifieth the paſſages of the throat, and lenifieth the aſperity of it, and delighteth the ſtomack, ſo that it be moderately taken; but if it be immoderately uſed, it mollifieth and relaxeth the ſtomack, taketh away the appetite, and induceth a diſpoſition to vomit.

Tongue.

The tongue is of a ſpongy and temperate ſubſtance, of eaſie concoction, and of good nouriſhment, eſpecially about the root: for there the fleſh is ſweeteſt. It is an wholſome meat for every age and conſtitution. Neats tongues ſalted and dryed, as the manner is, and afterwards boyled, are excellent to excite the appetite, and to commend a cup of Claret; but a meat wholſome enough, ſo the uſe be moderate.

Neats tongues dryed.

The Maw and bellies of beaſts.

The maw and bellies of beaſts are of an hard, skinnie, and tough ſubſtance, they are hardly digeſted, and yeeld a cold and groſſe nouriſhment: yet ſome are well pleaſed with a fat tripe, and account it a very good meat: and indeed ſo it is for them that be given to great labours, and that have hot and ſtrong ſtomacks; for in ſuch kind of men, it is not much to be regarded, how wholſome the meat be, ſo it fill the belly, and conſerve the ſtrength. But to them that lead a ſtudious kind of life, that are by conſtitution phlegmatick, and melancholick, or have weak ſtomacks, a tripe (though fat) is very offenſive: for beſide that it is of hard digeſtion, and of ill juyce, it is of an unpleaſant ſmell and taſte: and therefore noyſome to the ſtomack.

Gyſard of Fowles. The Gyſard or Maw of Fowles, as of the Gooſe, Hen, &c. is likewiſe of hard digeſtion, and of no commendable nouriſhment.

Wings. The wings of Fowles that are young and fat, are of eaſie concoction, and of wholſome juyce; but of ſuch as are old and leane, they are of a hard digeſtion, and of a dry and melancholick nouriſhment.

Liver. The Livers of Beaſts, that are full growne, are of ill nouriſhment, for they are hardly digeſted, ſlowly diſtributed, and breed groſſe humors. But the Livers of them that be ſucking are better, for they have a moyſter temperature: and therefore they are of eaſier concoction and diſtribution, of pleaſanter taſte, and of better juyce. But they are not good for them that have weak ſtomacks, or ſubject to the obſtructions thereof, or of the Liver, Milt, or meſaraick veines. The Livers of Fowles, as of a Gooſe, Pheaſant, Hen, Capon, Turkey, &c. are of a good temperature, of pleaſant taſte, of eaſie concoction, and of much and commendable nouriſhment, eſpecially the Livers of Hens, Capons, Caponets, and Pullets, which if the meat wherewith they be fatted, be tempered with milk, then their livers are of an excellent temperature and nouriſhment. They are convenient for every age and temperature of body.

Heart. The Heart is ſomewhat of an hard ſubſtance, and therefore it is not very eaſily digeſted; but when it is well digeſted, it maketh a durable and commendable nouriſhment. The heart of a fat Calfe is for pleaſantneſſe of taſte, eaſineſſe of concoction, good-

goodneſſe of temperature, and ſalubrity of juyce, the beſt.

The Lights are of light digeſtion, and of little nouriſhment, and the ſame not good, but phlegmatick. Lights.

The Milt is altogether unwholſome for meat; for it is hard of digeſtion, and breedeth a very bad and melancholick blood, and therefore to be rejected. Milt.

The Kidneis are in no wiſe commendable, but for the fat annexed unto them, for otherwiſe they are of very ill juyce, of unpleaſant taſte, and of hard concoction. The kidney of Veale, by reaſon of the pleaſantneſſe and tenderneſſe of it, is far more nutritive, and more wholſome than of any other fleſh. The kidneis of beaſts that are full growne, eſpecially if they be of big ſtature, are of no good nouriſhment, for they are of very hard concoction, and of a ranck and naughty juyce. Kidneis.

The Vdders of beaſts are not eaſily digeſted; they make a groſſe phlegmatick blood: wherefore they are not good for them that live at eaſe, for the phlegmatick, nor any that have weak ſtomacks, or ſubject to obſtructions. Being well digeſted, they nouriſh much, and therefore they are a convenient meat for them that have good ſtomacks, and a ſtrong naturall heat to digeſt. The udders of Cowes are for pleaſantneſſe of taſte, and goodneſſe of nouriſhment the beſt. Vdders.

The feet of Beaſts doe give a cold and clammy nouriſhment, which quickly ſtoppeth up the veines. *Galen* commendeth the feet of Swine; but Calves Feet.

feet, and the feet of rosting Pigs are of easiest concoction, and of purest nourishment: They are very good for dry bodies, because in an hot stomack they digest well, nourish much, and they moysten the solid parts, not with a light, but a clammy and good nourishment: and for the same cause, the use of them (especially of Calves feet) is very profitable in consumptions and ruptures of veines; but there must bee good heed taken, that they bee exactly boyled, even untill that (by reason of tenderness) one part is dissolved from another: for else they are of harder concoction, and not of so good nourishment. They are very hurtfull unto moyst and phlegmatick bodies, and such as are subject unto the Gout and wind collick. The feet of a Bullock or Heifer, which wee commonly call Neates feet, tenderly sodden, and laid in sowce, and afterwards eaten cold, are accounted very good meat; and so they are for a cholerick stomack, because they make a cold and tough nourishment; alwaies foreseene, that they be eaten before other meat. But to them that have cold stomacks, although they may be well liking unto them, they are in no wise agreeable.

Of

Of Fish.

Sect. V.

Whether the much and often use and eating of Fish be unwholsome, and hurtfull to the health of the body?

IT is because fish increaseth much grosse, slimie, and superfluous flegme, which residing and corrupting in the body, causeth difficulty of breathing, the Gowt, the Stone, the Leaprie, the Scurvie, and other foule and troublesome affects of the skin. Wherfore I advise those men that are much delighted with the use of fish, that they bee very carefull in the choise of it; as that it be not of a clammie, slimie, neither of a very grosse and hard substance, not oppleted with much fat (for all fat is of it selfe ill and noysome to the stomack; but of fish it is worst) neither of ill smell, & unpleasant savour. Wherfore of Sea-fish, that is best which swimmeth in a pure Sea, and is tossed and hoysed with winds, and surges: for by reason of continuall agitation, it becommeth of a purer, and lesse slimie substance, and consequently of easier concoction, and of purer juyce. And for the same cause, the fish

The choice of fish.

that is taken neere to a ſhore that is neither earthy nor ſlimie, but rockie and ſtony, is alſo beſt: for the fiſh that abides in a ſlimie ſhore, is of harder digeſtion, and of a more ſlimie and excrementall ſubſtance. The fiſh alſo that betaketh it ſelfe from the Sea, into the mouthes or entries of great Rivers, and ſo ſwimmeth towards the freſh waters, doth quickly become better or worſe: for if they be carried in ſlimie and muddie rivers, they forthwith loſe much of their goodnes; but if in pure, gravelly, and ſtony rivers, then the farther off they be removed from the Sea, the better they are: for by reaſon that the water is contrary to their courſe, they are the better cleanſed from their ſlimy ſuperfluities. Of freſh-water-fiſh alſo that is beſt, which is bred in pure, ſtonie, or gravelly rivers, running ſwiftly. For that which is taken in muddy waters, in ſtanding pooles, in fennes, motes and ditches, by reaſon of the impurity of the place, and water, is unwholſome; for it breedeth a very ſlimy and excrementall nouriſhment, very greatly hurtfull unto them that are ſubject to the Gowt, and Stone, and obſtructions of the breſt. Thus much in generall concerning the choice of fiſh. Now I will briefly ſpeak of the particular kinds of fiſh that are moſt common and in greateſt uſe, and firſt of Sea-fiſh.

Sole. The Sole is ſomewhat of an hard ſubſtance, and yet of eaſie concoction, and free from excrement, in reſpect of other fiſh. For whiteneſſe and purity of ſubſtance, pleaſantneſſe of taſte, and goodneſſe of juyce, it farre excelleth all other Sea-fiſh; and therfore may bee well termed Sea-Capon. The Sole verily

verily is to bee reckoned among the meats of primeſt note; and for ſuch as are infirme and ſick, *Non magis expetitus quàm ſalutaris cibus.* But our Severne Soles, for tenderneſſe of ſubſtance, pleaſantneſſe of taſte, eaſineſſe of concoction, pure and wholſome nouriſhment, excell all others of this Kingdome.

Plaice. The Plaice is pleaſant to the pallat, eaſily digeſted, and in the judgement of ſome men, a good fiſh; but in my opinion, it giveth a watriſh and excrementall nouriſhment, eſpecially if it bee not well growne to a ſubſtantiall thickneſſe. It is beſt agreeable to them that are by conſtitution cholerick; but to the phlegmatick it is very hurtfull, becauſe it aboundeth with a phlegmatick juyce. The Dabbe or little Plaice is of the ſame nature, but more excrementall. Dabbe.

Flounder, or Flooke. The Flounder is in taſte, digeſtion, and nouriſhment, like unto the Plaice, eſpcially if he be young. * Some deeme this fiſh not ſo pleaſant in taſte, nor ſo good in nouriſhment, as the Plaice, but by their leave, if it be growne to a good thickneſſe (*nam quò grandior, eò melior*) by reaſon of a firmer ſubſtance which it acquireth, I rather thinke that it giveth a better than a worſe nouriſhment, becauſe it leſſe aboundeth with a ſlimy ſuperfluity.

* That are very tender-mouthed.

Gurnard. The Gurnard is of harder digeſtion, than any of the former: ſome are red, and ſome gray: in reſpect of the colour, there is little difference, if there bee any, the red is the better: both give a good nouriſhment, and nothing ſlimie: and therefore they are much better for them

them that are phlegmatick, thaen the Plaice, or Flounder.

VVhiting. The Whiting, notwithstanding that it is unsavory, aud nourisheth very little, is of some greatly desired, and commended; verily it is easily digested, and the nourishment which it maketh, although it be little, yet it is good, and very little excrementall. The young small Whitings, as they are more sweet and pleasant in taste, so they yeeld to the body a better and more excellent nourishment.

Smelts. The fragrant odor of Smelts doth commend the wholsomnesse of them: they delight the Pallat, and yeeld to the body a very good and wholsome nourishment.

Breame. The Breame is somewhat acceptable to the pallat, of easie digestion, and of meetly good nourishment, somewhat excrementall. It is best agreeable for cholerick bodies, and worst for phlegmatick. Some love to eat the eyes of the Breame; but they are very excrementall; and so also are the eyes of any other fish.

Shad and Mackrell. Shad and Mackrell are both sweet in taste, and soft in substance; yet not very wholsome, for they quickly induce a loathing noysomnesse to the stomack, and breed an excrementall nourishment. They are convenient for labouring men, and for them that have strong stomacks.

Dogge-fish. and Hake. Dogge-fish and Hake are neere of a nature, not of hard concoction; but yet scarcely of laudable nourishment, for they increase somewhat crude and watrish humours.

Cod-fish. Cod-fish for whiteneſſe of colour, and moderate hardneſſe

hardneſſe, and friability of ſubſtance is commended: it is ſomewhat eaſily digeſted, and yeeldeth a meetly ſtrong nouriſhment, and not very excrementall.

The Haddock is pleaſant to the taſte: it is in nature ſomewhat like unto the Cod; but it is of lighter concoction, and not of ſo firme and durable nouriſhment. Haddock.

Mullet is a fiſh ſomewhat of an hard ſubſtance; yet if it be taken in a gravelly and ſtony ſhore, is not of hard digeſtion, is of pleaſant taſte, and of meetly good nouriſhment. But if it be taken in a muddy or ſlimie water, it is not ſo eaſily digeſted, is hurtfull to the ſtomack, and breedeth groſſe and excrementall humours. Of Mullets, the leſſer are beſt, for they are of eaſier concoction, and of better juyce. Mullet.

The Baſe is in goodneſſe of juyce inferiour to the Mullet, for it is of harder concoction, and breedeth a more groſſe and ſlimie nouriſhment. Both Mullet and Baſe are agreable for them that are of hot temperature, and have ſtrong ſtomacks. Baſe.

Salmon is ranked with the beſt ſort of fiſh, it is very pleaſant to the taſte, and not very hard to be digeſted, it maketh a good nouriſhment, in conſiſtence, neither clammie nor groſſe; but yet it quickly oppreſſeth a weak ſtomack: wherefore let ſuch as are infirme, or have weak ſtomacks, ſo carefully moderate their appetites, as that the jucundity of it, entice them not to a perilous and nauſeative fulneſſe. And it is not good for them that have ſtrong ſtomacks to be too bold in the uſe of it: for it ſoone weakneth the ſtomack, ſubverteth the appetite, and Salmon.

that oftentimes with the danger of a deadly surfet. The belly is to be chosen before any other part, because it is tenderer, and of a more sweet and pleasanter taste. The eyes of a Salmon are farre wholsomer than the eyes of any other fish.

Salmon-Peale. The young Salmon, or Salmon-Peale, is far better than that which is greater, or fuller growne: for it is of a softer and whiter substance, of a pleasanter relish, of easier concoction, more acceptable and agreeable to the stomack, and of very good and wholsome nourishment. The salted Salmon loseth much of his goodnesse and pleasantnesse of taste, and is therfore for wholsomnesse of meat, very much inferiour to the fresh.

Turbut. Turbut or Birt is meetly pleasant to the taste, and if it be well digested, it maketh a good and firme nourishment: it is somewhat of an hard substance, and therefore not easily digested. It is a very good meat for such as are healthy and have strong stomacks; but for the aged, for them that be phlegmatick, and that have weak stomacks, it is very inconvenient and hurtfull.

Sturgion. Sturgeon is a very acceptable dish: and best welcome at Tables. It may be much doubted, whether it be so greatly esteemed for the rareneſſe of it, or for the goodneſſe of meat, or for that it is pleasant to the pallat, and induceth withall a smoothing delectation to the gullet. I will plainly deliver my opinion, whatsoever the sensuall Palatist shall deeme. The flesh of the Sturgion is of it selfe, of a whitish, and meetly pure substance, and consequently of laudable nourishment, if it were not intermixed

ed with a groſſe and nauſeative fat, by reaſon wherof it is not eaſily digeſted, and is quickly offenſive to the ſtomack, and maketh a groſſe and clammy nouriſhment. Wherefore let ſuch as are aged, and that have cold and weak ſtomacks, carefully refraine the uſe of it. It is moſt accommodate for the hot ſeaſon of the yeere. The little or young Sturgion is farre wholſomer than the greater, for he is of tenderer ſubſtance, of pleaſanter taſte, of eaſier concoction, and of good nouriſhment, if you ſeparate moſt of the fat, which ſubverteth the ſtomack, and breedeth a groſſe and clammy humour. The belly of the Sturgion is, even as of the Salmon, to be preferred before the other parts. The Sturgion not only which is great and full growne, but that alſo which is little, and ſomewhat tender by age, is very hurtfull unto them that are troubled with rheumes, and articular griefes.

The Hallibut is a big fiſh, and of great account: it is of a white, and ſomewhat of an hard ſubſtance, and therefore not eaſily digeſted; but it is very pleaſant to the taſte, and for goodneſſe of meat not inferiour to the Sturgion. The belly part, even as of the Sturgion, is the beſt. It is a convenient meat for young men, and for hot cholerick bodies; but for old men, for the phlegmatick, and them that have weak ſtomacks, it is very hurtfull. Hallibut.

Dorie is for ſubſtance of fleſh almoſt of a meane conſiſtence, yet not very delectable to the pallat. It giveth a meetly good nouriſhment; but it is not good, eſpecially the much eating of it, for them that bee phlegmatick, or have weak ſtomacks, Dorie.

or that are subject to the Gowt and Stone, because it breedeth somewhat a grosse and phlegmatick iuyce.

Allowes. The Allowes is taken in the same places that Salmon is, it is meetly pleasant to the taste, yeeldeth much, and somewhat a thick nourishment, yet not ill, so it bee well concocted in the stomack: but it is of hard concoction, wherefore it is hurtfull to them that have weak stomacks, and that are by constitution phlegmatick and melancholick. The Allowes that tarrieth, and is taken in sweet waters, is wholsomer than that of the Sea, for it is fatter, of tenderer substance, of easier concoction, and of better savour.

Guilt-head. The Guilt-head or Goldine is whiter, and not altogether of so hard a substance as the Allowes, and therefore it is of easier concoction, and also of better nourishment. The Guilt-head is not in season, but in the Winter, for then hee is sweeter in taste, than at any other time, and is convenient for every age and temperature of body, so the stomack be sufficiently strong for concocting it.

Calaminary, or Sea-Cut, Cuttle-fish, & Poure-Cuttle. The Calaminary, the Cuttle-fish, and Poure-Cuttle; are even of one and the same nature, they are of hard concoction, and fill the body with crude and grosse humors. They may in want of better meat, serve for Mariners, and rusticall bodies, who through the strength of their stomacks and great labour, are able to convert any grosse meat into good nourishment. The small ones excell the great, because they are of a more tender flesh, and are with lesse difficulty digested. They are all hurtfull

full to them that have weak ſinewes, and ſubject to the palſie.

The Wolfe-fiſh is of a cold and moyſt temperature, of pleaſant taſte, and of eaſie concoction. It breedeth a cold, thin, and wateriſh juyce, and therfore let ſuch as are phlegmatick and rheumatick, perpetually ſhun the uſe of it. The Wolfe-fiſh.

The Lump or Lomp, is a fiſh ſo named from his ſhape and likeneſſe, and is in taſte agreeable to the name: it is of hard concoction, and of groſſe and excrementall juyce. Lomp-fiſh.

The Conger is a long round fiſh, in ſhape like unto a great Eele, and is therefore called the Conger-Eele: It yeeldeth a groſſe and excrementall nouriſhment, as the common Eele doth. It is a meat, notwithſtanding that it is to moſt mens pallats well-pleaſing, convenient only for ſuch as have ſtrong ſtomacks, and that are of a firme ſtate of body. To the phlegmatick, to them that have weak ſtomacks, or ſubject to the Dropſie, Gout, and Stone, it is very hurtfull. Conger-Eele.

Lampreyes are of ſome greatly eſteemed, but very unworthily, for they are partly of the nature of Eeles; yet ſomewhat wholſomer, becauſe they are not of ſo clammy and ſo groſſe a ſubſtance. They are pleaſant to the taſte, but not eaſily concocted. They give much nouriſhment; but the ſame ſomewhat clammy and tough: wherfore they are not fit for them that have weak ſtomacks, or are ſubject to obſtructions. They alſo increaſe melancholy, and are very hurtfull to ſuch as are troubled with the Gout and that have weak ſinewes. The ſmall Lam- Lamprey.

preyes are better than the great, for they are not of so tough substance, and therefore of easier concoction, and of wholsomer nourishment. Yet let such as have weak stomacks beware lest that the jucundity of their taste induce them to an immoderate and perilous use of them.

Thornback, Thornback is a fish of moyst substance, of grosse, excrementall, and putrid iuyce; whereby it come to passe, that it is a meat of ill smell, unpleasant savour, unwholsome nourishment, noysome to the stomack. The use thereof breedeth cold diseases, and the Epilepsie very speedily, if it be eaten hot: which noysome quality doth (as I thinke) in cooling, somewhat evaporate, and sooner arise being eaten hot, for that it is so moyst a fish, and full of superfluity. It is a meat only fit for hard labouring men.

Tuine, Porpuise, &c. The Tuine, Porpuise, and such like great and bestiall fishes, are of very hard digestion, noysome to the stomack, and of a very grosse, excrementall and naughty iuyce.

Herrings. Herrings are somewhat pleasant to the taste, yet not wholsome, as it is often proved by them, who through eating of fresh Herring, quickly surfet, and fall into Fevers. The salt or pickled Herring, is of harder concoction, and giveth a saltish and unprofitable nourishment. They are good for them that want better meat.

Pilchard, The Pilchard is of like nature to the Herring; but, as it is of pleasanter taste, so it is also somewhat of better nourishment; yet not good for them that have weak stomacks, for it soone cloyeth it with a nauseative

nauſeative fulneſſe. But being a while well corned with ſalt, before you uſe them, their excrementall ſuperfluity is therewith much corrected, and they become leſſe fulſome to the ſtomack, or hurtfull to the body.

Red Herrings and Sprats give a very bad and aduſted nouriſhment, they are only good to excite thirſt, and to make the drink very acceptable to the pallat and throat. They are hurtfull to them that are by conſtitution cholerick and melancholick: I commend them to the *Spaniards* and *Italians*, whereby our Merchants make a good commoditie. Red Herrings and Sprats.

Anchovas, the famous meat of Drunkards, and of them that deſire to have their drinke oblectate the pallat, do nouriſh nothing at all, but a naughty cholerick blood: they excite the appetite, and by reaſon of their ſaltiſh acrimonie, are alſo thought to clenſe phlegme from the ſtomack and inteſtines. Wherefore they may be convenient for the phlegmatick, ſo they drink little after them; but in my opinion, the ſpeciall good property that they have, if it be good, is to commend a cup of wine to the pallat, and are therefore chiefly profitable for Vintners. Anchovas.

In Shell-fiſh it is to be obſerved, that ſome are of ſoft ſubſtance, and are eaſily digeſted, ſome of hard ſubſtance, and with more difficulty concocted; but are of firmer and better nouriſhment. Shell-fiſh.

Of all ſhell-fiſh, Oyſters are of a very moyſt and ſoft ſubſtance, and therefore eaſily digeſted, and leaſt offend the ſtomack, except they be taken, as Oyſters.

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we commonly say, against stomack: and by reason of the saltnesse of their juyce, they also make the belly soluble; but they give a light, salt, and phlegmatick nourishment: and therefore they are not only very hurtfull unto thē that be phlegmatick, but also unto all such as have cold and weak stomacks, because in them they abundantly encrease flegme. Vnto cholerick bodies, and such as have strong stomacks, they are agreeable. They must be eaten with Pepper and Vineger, and a Cup of good Claret, or Sack, drunk presently after them: for then they will be the better digested in the stomack, and not so soone converted into flegme. Onions also sliced in the Vineger, and eaten with them, is an excellent corrector for the same purpose, if they shall not be offensive unto the head of him that eateth them. But why are Oysters usually eaten a little before meale, and that with one-way-bread? For two respects, as I conjecture: the first is, by reason of their subductory qualitie, concerning the belly, which also is holpen with one-way-bread: The second is, because that through their saltnesse, they excite the appetite.

Oysters, why usually eaten before meale?

Muskels.

Among shell-fish, Muskels are of grossest juyce, and of worst nourishment, and most noysome to the stomack. They abundantly breed flegme, and grosse humors, and dispose the body unto feavers: wherefore I advise all such as are respective of their health, utterly to abandon the use of them.

Cockles.

Cockles are not so noysome as Muskles, for they are of lighter concoction, and of better nourishment; yet no laudable meat for such as lead a studious

dious or easie kind of life, or have weak stomacks.

The Crab is not of very hard digestion, it is somewhat pleasant to the pallat, and yeeldeth to the body much grosse nourishment: it is a meat best agreeing with labouring men, and them that have strong stomacks. But to old men, to students and all such as have weak stomacks, and are subject to oppilations of the breast, distillations from the head, or are otherwise wont to be affected in the head, it is very hurtfull. The fresh-water Crab, is wholsomer than the Sea-Crab, and that also of the Sea, is the wholsomer, if it be but taken out of the fresh-waters. Crab.

The Lobster is not also easily digested, and therefore it quickly offendeth a weak stomack: But being well digested, it giveth much good and firme nourishment; but the same is of an hot and ebullient nature: and therefore it maketh a great propensitie unto veneriall embracements. I advise young men, and such especially as are cholerick, and that are of a hot temperature, to refrain the often use of them: for unto hot natures they are hurtfull, and greatly offend the head. Lobster.

Pranes and Shrimps are of one and the same nature: for goodnesse of meat they excell all other shell-fish: they are of a very good temperature and substance, of a most sweet and pleasant taste, not of hard concoction, and of excellent nourishment. By reason of their moyst and calorificall nature, they proritate *Venus:* they are convenient for every age and constitution of body, with this proviso, that the stomack be not weak. The Pranes and Shrimps of Severne excell all other of this kingdome. Pranes, and Shrimps.

Fresh-water fish. Trout.

Of fresh-water fish the Trout is most commended; it is somewhat of a cold and moyst temper, of an indifferent soft and friable substance, of pleasant taste, of easie concoction, and of good and wholsome juyce. It yeeldeth somewhat a cold nutriment, very profitable for them that have their liver and blood hotter than is convenient: and therefore it is with good reason permitted unto them that are sick of hot Fevers. The Trout is a commendable meat for every age and constitution of body; except for the phlegmatick, that have very cold and moist stomacks. The Trout that is growne great is of harder concoction, and not of so good and wholsome nourishment, as the lesser are, or such as are of a meane bigneſſe.

Pike.

The Pike is somewhat of firme and hard substance, and therefore a little harder of concoction than the Trout: it is a meat pleasant to the taste, and giveth much and pure nourishment. It is agreeable unto all bodies, especially to them that be young, and such as are by constitution cholerick.

Pikrell.

The Pikrell is the young Pike: It is of easier concoction, and for pleasantneſſe of taste, and goodneſſe of juyce, it may (in my judgement) be ranked with the Trout, and as well be permitted unto those that be sick; which must only be understood of the River-Pikrell: for that which is taken out of Meeres or other muddy waters, is somewhat excrementall, and of hard concoction.

Perch.

The Perch, if taken out of pure waters, is of a white and pure substance: for pleasantneſſe of taste and wholsomneſſe of nourishment, it is not inferiour

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to the Trout or Pikrell, but rather to be preferred before them; but taken out of a muddy or foule place, the nouriſhment which it maketh, will be (as it is the like in all other fiſh) the more excrementall. The Perch is uſually ſauced with butter and vineger; but adde thereto the powder of Nutmeg, which to this fiſh is very proper, it becommeth moſt delectable to the taſte, and very gratefull to the ſtomack. The Spawne of the Perch is of delicate and wholſome nouriſhment, very good for ſuch as are weak, or of a cold temper of body. The leſſer Perches are of eaſier concoction, and better nouriſhment than the greater: but if the great ones are kept a day or two, eſpecially tranſported from the place where they were taken, their ſubſtance become more tender, and of eaſier concoction, very good for every age and conſtitution of body.

The Carpe is of a ſweet and exquiſite taſte; but the nouriſhment which it maketh, is not anſwerable to the taſte of it, which if it were, it might well be numbred among the fiſhes of primeſt note. It giveth ſomewhat a flimy, phlegmatick and excrementall nouriſhment, and quickly ſatiateth the ſtomack, eſpecially if it be taken out of impure and muddy waters: wherfore let ſuch as be phlegmatick, or that have weak ſtomacks, utterly eſchew the eating of it. The head and Spawne of the Carpe are for pleaſantneſſe and wholſomneſſe preferred before the reſt of the fiſh. Carpe.

The Barbell is of a ſoft and moyſt ſubſtance, of eaſie concoction, not of very pleaſant taſte, or good nouriſhment; but ſomewhat muddy and excrementall. Barbell.

tall. The greater Barbels for goodneſſe of meat excell the leſſer, becauſe their ſuperfluous moyſture is by their age ſomewhat amended. The Spawne of them is to be abjected, as moſt offenſive and troubleſome to the belly and ſtomack.

Tench. The Tench is unwholſome, and of hard concoction: it is a muddy and excrementall fiſh, unpleaſant to the taſte, noyſome to the ſtomack, and filleth the body with groſſe and ſlimie humours: Notwithſtanding it is a meat convenient enough for labouring men, and them that have ſtrong ſtomacks.

Roch. The Roch is a fiſh of eaſie concoction, of light and meetly good nouriſhment, not hurtfull to any age or conſtitution of body, ſo as the ſtomack deſire it.

Gudgeon, and Dace. The Gudgeon, though but a ſmall fiſh, yet for goodneſſe may even chalenge the prime place of all freſh-water fiſh, being very delightſome to the taſte, of eaſie concoction, and of pure and wholſome nouriſhment, agreeable for every age and conſtitution. The Dace is much in nature and concoction, like unto the Gudgeon, but of leſſe nouriſhment.

Eeles. Eeles are very pleaſant to the taſte; but they are of hard digeſtion, of a ſlimie, groſſe, and phlegmatick juyce, and ſoone noyſome to the ſtomack. They breed obſtructions, becauſe they make a groſſe and glutinous nouriſhment: they are moſt hurtfull unto them that are ſubject to the Stone, and Gout, and obſtructions of the breſt. The Eeles that live and are taken in pure and gravelly waters, are of far more better nouriſhment than ſuch as live in Meeres,

Meeres, and Pooles, or any other impure places: and those I commend unto them that delight to eat Eeles, and that are more addicted to their pallat, than to their health: for although those Eeles that live in purer waters, lose much of their slimie superfluity; yet they are never of pure and good juyce, or profitable to the stomack; much lesse those that live in muddy and filthy waters. Wherefore they are not commendable for any age or temperature; but they are most hurtfull to them that bee aged, phlegmatick, or subject to obstructions. The roasted or broyled Eele is far wholsomer than the boyled, because the fire exhausteth, and consumeth much of the slimie, and excrementall moysture that is in it. And by the like reason the powdred Eele is wholsomer than the fresh, especially for them that be phlegmatick, although it be not so taken of many, that are sweet and dainty-mouthed. To conclude, Eeles whether fresh or salt, are only a convenient meat for poore hard labourers, for them that have very strong stomacks, or that have an indulgent respect to their pallat and appetite.

Craw-fish, or Crevises.

Craw-fish are of meetly good nourishment, and not of hard concoction; yet I approve them not for them that have weak stomacks, or are subject to the obstruction of the mesaraick veines. They are best agreeable for such as are of a cholerick temperature of body.

Puffin.

The Puffin is neither fish nor flesh, but a mixt body of both: for it liveth altogether in the water, and yet hath feathers, and flyeth as other fowles do. Whether they be eaten fresh or powdred, they are

of an odious ſmell, of a naughty taſte, of unwholſome nouriſhment, and very noyſome to the ſtomack. Yet great drinkers eſteeme well of the powdred Puffin, becauſe it provoketh them to drink, which is the beſt faculty it hath: but mark the end of ſuch, and you ſhall commonly ſee them, even in their firme and conſtant age, to have turgid, and ſtrouting-out bellies, and a Dropſey to be the upſhot of all their outragious drinkings.

Whether freſh-fiſh be more wholſome, than ſalt-fiſh.

ALthough ſome kind of fiſh, as Eeles, and ſuch like, (which quickly induce a nauſeative fulneſſe to the ſtomack) a little ſalted, be better than the ſame freſh, becauſe the ſalt taketh away the fulſomneſſe of it, and ſo maketh it more acceptable to the ſtomack. Yet fiſh of long ſalting, (as is our common ſalt fiſh) is unwholſome, and much inferiour unto freſh fiſh. For freſh fiſh is of farre lighter digeſtion, and maketh a moiſt and purer nouriſhment, and is in ſome meaſure, for the moſt part of it, wholſome for all bodies, eſpecially ſuch as are hot, dry, and cholerick. But ſalt fiſh contrariwiſe is of hard conction, breedeth aduſt humours, exſiccateth the body, and is hurtfull to moſt bodies, eſpecially to them that be cholerick and melancholick. Moreover, if it be much eaten, it hurteth the ſight, and cauſeth itch and ſcabbineſſe, by reaſon of the ſharp biting, and burnt humors which it ingendreth. It doth beſt agree with the phlegmatick, ſo the ſtomack be ſtrong.

Of

Of Egges and Milk.

SECT. VI.

Why do Egges give a more ſpeedy, more pure, and more plentifull nouriſhment, than any other kind of ſimple meat?

EGges do not only ſpeedily and purely nouriſh, by reaſon of the tenuity of their ſubſtance, and excellent aëriall temperament, but alſo, and that very plentifully, becauſe of an aptneſſe that they have in their ſubſtance to be aſſimilated, and agglutinated to the parts of the body: and that by reaſon of a certaine analogie or likeneſſe that they have with mans nature: for their whole ſubſtance, by reaſon of their naturall vicinity unto bloud, is eaſily converted into the ſubſtance of the body. But this muſt not be underſtood of all the egge, but of the yolk only: for the white is of a cold, and phlegmatick nature, and conſequently altogether of bad and excrementall nouriſhment. But the yolk is temperately hot and moyſt, of good juyce, without excrement, and the bloud bred thereof is firme, pure, and full of ſpirit, very greatly corroborating the heart. Wherefore egges are not only a moſt

moſt accommodate meat in time of health, but alſo very worthy to be preferred before any other, in the decay of the bloud and ſpirit. Neither muſt this be underſtood of all kinds of Egges, but of Hen-Egges onely, and the Turkey eggs, and the ſame new. Theſe eggs have an excellent aëriall temperament, very agreeable to mans body, and of the two the Turkey eggs do give a more ſtrong and ſubſtantiall nouriſhment. The egges of Ducks and Geeſe are of ill ſmell, of unpleaſant taſte, of groſſe ſubſtance, and of hard concoction: they are fulſome to the ſtomack, and give nouriſhment fitting, but for agreſtick bodies. But egges receive great alteration according to their dreſſing and preparation: for thoſe that are potched are beſt and wholſomeſt, and next unto them are thoſe that are ſodden in the ſhels; but thoſe that are roſted or fryed, are not ſo good, becauſe the heat of the fire conſumeth their aëriall moyſture. But which way ſoever they bee dreſſed, there muſt be care taken that they be not made hard: for then they are oppilative, of hard digeſtion, of ſlow diſtribution, and of unwholſome nouriſhment. Neither muſt they be eaten rere, that is to ſay, little more than thorow hot, named in Latine *Ova ſorbilia*, (except in the way of phyſick, to levigate and make cleare the throat and breaſt, and to eaſe the griefes of the reines and paſſages of urine made with gravell) becauſe through their overmuch ſoftneſſe and crudity, they quickly weaken and ſubvert the ſtomack. But they muſt be in a mean betweene rere and hard, which are called *Ova tremula*: and they muſt bee eaten before other meat, becauſe

becauſe they are quickly digeſted, quickly deſcend from the ſtomack, and ſpeedily nouriſh, eſpecially if a draught of Claret wine be taken after them. And if any man deſire a light nouriſhing, and comfortable Break-faſt, I know none better than a couple of potched Egges, ſeaſoned with a little Salt, and a few cornes of Pepper alſo, with a drop or two of Vineger, if the ſtomack be weak, and ſupped off warme, eating therewithall a little Bread and Butter, and drinking after a good draught of pure Claret-wine. This is an excellent Break-faſt, and very comfortable for them that have weak ſtomacks. Egges moderately uſed, are accommodate for every age and conſtitution, eſpecially for the elder ſort of people, and ſuch as want bloud; but ſooneſt offenſive to the cholerick and ſanguine, for whom in hot ſeaſons they are not convenient, having a propenſity to be converted into choler.

Claret wine beſt agreeing with Egges.

A light and comfortable Break-faſt.

Whether Milk doe give unto all bodies a good and healthy nouriſhment.

MIlk is moyſt in the ſecond degree, and more enclined unto cold than unto heat; it is of eaſie digeſtion, of much and good nouriſhment: it impinguateth and cauſeth the body to wax groſſe, and for amending of a dry conſtitution, and for them that are extenuated by long ſickneſſe, or are in a conſumption, it is by reaſon of the excellent moiſtning, cooling and nouriſhing faculty of it, of ſingular efficacy. But notwithſtanding that milk is of light digeſtion, and of much and wholſome

Milke not profitable for all bodies.

nutriture: yet it is not good for all bodies; not for them that are ſubject to windineſſe of the ſtomack and belly, or that have impure, weak, and ill affected ſtomacks, becauſe it increaſeth wind, and is by reaſon of the differing nature of the parts thereof (for it conſiſteth of a three-fold ſubſtance, as ſhall be hereafter ſhewed) in a weak, or ill affected ſtomack, ſoone corrupted and coagulated: nor for them that are phlegmatick, groſſe, and full of moiſt humors, or ſubject to obſtructions, becauſe it maketh them more to abound with crude, groſſe and phlegmatick humors. But being boyled and eaten with ſugar, pepper, and other ſpices, it is leſſe windy and more agreeable for ſuch bodies. Now by this which I have briefly ſhewed, concerning the nature of milk, it may plainely appeare, that the uſe of it is beſt agreeable for the hot ſeaſons of the yeere, for young men, and eſpecially for hot and dry cholerick bodies: becauſe it doth much refreſh them with an excellent cooling and moyſtning nouriſhment; and that it is moſt hurtfull to the aged, to them that be phlegmatick, and that are ſubject to cold diſeaſes, by reaſon of the abundance of groſſe and phlegmatick humors, which it breedeth in ſuch bodies. Wherfore the uſe of milk is very hurtfull unto them that are ſubject to wind, to rheumes, to cold, diſeaſes of the head and ſinewes, to the Gout, and Dropſie in generall, the ſtone, or any obſtruction of the reines and bladder, obſtructions of the breſt, liver, milt, ſtomack and meſaraick veines. And therefore not ſo much as the drinking of a draught of milk in the morning faſting, as it commeth warme from the Cow,

Cow, is to be approved unto them that are of a cold constitution, or any way subject to obstructions; whereas for them that are hot and dry by constitution, a large draught is very good and profitable: for it sweetly cooleth, moystneth, and refresheth the dry and thirsty parts of the body, and also expurgeth the sharp and cholerick humors by stoole. Wherefore the drinking of milk not only in the morning fasting, as it commeth from the Cow, but also at any other time of the day, so that it be taken in an empty stomack, is to hot, leane, and dry bodies greatly profitable. But because that milk is apt to corrupt and coagulate in the stomack, you must take with it a little sugar; or if you desire to have it more soluble, pure honey: but sugar is better for them that are by constitution cholerick: for by this meanes it will neither corrupt, nor coagulate in the stomack. And if you also cause a few Speremints to be put into the vessell whereinto the Cow is milked, or otherwise steeped one houre or two in the milk that you purpose to drink, the milk will be much the more agreeing with the stomack, and not so apt to coagulate.

Sugar and *Mints* prevent the corruption, and coagulation of milk in the stomack

Milk that is kept till it wax somewhat sowre, is not unto all bodies hurtfull: for the drinking of it is, in the hot seasons of the yeere profitable for them that have hot, dry and cholerick stomacks, especially if the head thereof be taken away, because it greatly cooleth and extinguisheth the raging heat and acrimony of choler. But you must abstaine after the drinking of milk, from other meats or drinks, or any violent stirring of the body (all which will

Cautions to be observed upon the drinking of milk.

cauſe it quickly to corrupt or coagulate in the ſtomack) untill it ſhall bee digeſted in the ſtomack, which in an houres ſpace may be well effected. Neither may you ſleep within an houre after the taking of it, becauſe it will make the head heavie by repleating it with vapors. And whoſoever ſhall uſe to drink milk, becauſe that it is hurtfull to the Gummes and Teeth; for the one it maketh flaccide, and the other ſubject to putrefaction; muſt have ſpeciall regard to waſh his mouth preſently after the drinking of it, with wine or ſtrong Beere, and alſo to rub the Teeth and Gummes with a dry cloth, for the clenſing away the ſlimineſſe of the Milk, and for ſtrengthning the Gummes and Teeth.

The difference of Milk according to the kinds of it.

But of Milk, there is great difference according to the kinds of it. Cowes milk for ſound and healthfull bodies is beſt, for it is fatteſt and thickeſt, and conſequently, of moſt nouriſhment: next unto it, for groſſeneſſe, is Sheepes milk. But for bodies that are with long ſickneſſe extenuated, or are in a conſumption, womans milk is beſt, becauſe it is moſt familiar unto mans body, and even of like nature. And next unto it is Goats milk, becauſe it is of meane conſiſtence; for it is not ſo fat and thick as Cowes milk, and therefore breedeth not obſtructions in the entrals as that doth; nor ſo thin as Aſſes Milk, which alſo in conſumptions is much commended: wherefore the nouriſhment which it maketh, is of a middle nature betweene them both, exceeding wholſome and good. But Aſſes milk appertaineth rather unto phyſick than unto meat, for it is of a thin and watriſh ſubſtance, of a penetrating, cooling,

and

and deterſive faculty, by reaſon whereof, it is of ſingular efficacy in conſumptions of the Lungs.

Milk, notwithſtanding that it ſeemeth to be wholly of one ſubſtance, yet it is compact of three ſeverall parts, of Creame, Curds, and Whey. The firſt is the very head or flower of the milk: it is of a temperate quality, hot and moyſt in the firſt degree; it is pleaſant to the pallat, and very good for the aſperity and ſiccity of the ſtomack; but it is ſomewhat of a groſſe nouriſhment, and by reaſon of the unctuoſity of it, quickly cloyeth the ſtomack, relaxeth and weakneth the retentive faculty thereof, and is eaſily converted into phlegme, and vaporous fumes. Wherefore it is hurtfull to them that be phlegmatick, that have weak ſtomacks, to old men, and ſuch as are ſubject unto rheumes, eſpecially in the cold and moyſt ſeaſons of the yeere; but unto hot cholerick bodies, and young men that have ſtrong ſtomacks, it is (eſpecially in the hot ſeaſons of the yeer) no leſſe convenient than delightſome: and verily with Strawberries and Sugar, it is for them, for whom it is convenient, a very delicate and wholſome diſh. And whoſoever he be that delighteth to eat a diſh of Creame, let him not be parſimonious of Sugar: for that is the beſt correctory for it.

Milk conſiſteth of three ſeverall parts.

Creame.

Butter that is made therof, is of like temperature, it is of a moyſtning, mollifying, maturative, and reſolutive faculty: if it be freſh and new, and well taſted, it is very wholſome, eſpecially in the morning faſting, for hot and dry bodies: it giveth a light and diſſipable nouriſhment; it is good for the aſperity and ſiccity of the throat, and for a dry cough.

Butter.

But the too much uſe thereof weakneth the ſtomack, and cauſeth the ſame to abound with a crude phlegmaticall humor. Wherfore the much uſe of it is not good for them that be phlegmatick; but for ſuch, ſalt Butter is more convenient, becauſe it is leſſe phlegmatick.

Cheeſe. The curdy part of the Milk is of an heavie, groſſe, and phlegmatick ſubſtance, and of the like nature is Cheeſe; for it is of hard digeſtion, and ingendreth ill humours and oppilations. And although it bee the poperty of all Cheeſe to breed groſſe and oppilating humors; yet it altereth much, according to the newneſſe or oldneſſe of it. For that which is new, is of a cold, moyſt, groſſe, and flatuous ſubſtance: wherfore for an hot an cholerick ſtomack it is ſomewhat profitable; but for them that be phlegmatick or have cold ſtomacks, it is greatly hurtfull. Old hard Cheeſe is altogether unwholſome, for it is of very hard digeſtion, troubleſome to the ſtomack, breedeth choler aduſt, maketh the belly coſtive, and is infinitely hurtfull unto hot and dry bodies. Both ſorts do very greatly breed the chollick, yliack, and nephritick paſſions. But that which is a meane betwixt both, ſo that it have alſo all the other properties of good Cheeſe, and eſpecially that it be not tart of the rennet, is farre wholſomer; for it is more pleaſant to the pallat, more acceptable to the ſtomack, and maketh a durable and meetly good nouriſhment; yet the frequent and too much uſe of it, breedeth obſtructions, and is offenſive to a weak ſtomack. Wherefore it behoveth him that loveth Cheeſe and his health too, to bee mindfull of that

proverbiall

proverbiall verſicle: *Caſeus eſt ſanus, quem dat avara manus.* Cheeſe is beſt for them that lead a ſtudious or generous courſe of life, to be eaten after other meat, and that in little quantity; for being thus uſed, it bringeth two commodities. Firſt, it taketh away ſatiety, and ſtrengthneth the ſtomack, by ſhutting up the orifice thereof. Secondly, it preventeth the floting of the meat, which greatly hindereth and diſturbeth the concoction, by depreſſing it into the bottome of the ſtomack, which is the chiefe place of digeſtion. Roſted Cheeſe is more meet to entice a Mouſe, or Rat into a trap, than to be received into the body; for it corrupteth the meats in the ſtomack, breedeth aduſt cholerick humors, and ſendeth up from the ſtomack putrid vapors, and noyſome fumes, which greatly offend the head and corrupt the breath. To conclude, the much eating of Cheeſe is only convenient for ruſtick people, and ſuch as have very ſtrong ſtomacks, and that alſo uſe great exerciſe.

Two commodities by eating of Cheeſe after meat.

Whey is cold and moiſt, of an abſterſive and laxative faculty: wherefore it is of excellent efficacie againſt aduſtion of humors, and obſtructions of the entrals, it quencheth thirſt, and evacuateth choler and melancholy by ſtoole: and therfore the liberall uſe of it, eſpecially well clarified, is very profitable in fevers proceeding of choler. The drinking of a large draught of Whey mornings faſting, from the beginning of May unto the end of Auguſt, is for all cholerick and melancholick bodies moſt wholſome: for it quallifieth the heat of the ſtomack and liver, bringeth the body to a good temperature, abſtergeth ob-

VVhey.

obstructive humors in the stomack and mesaraick veines, mundifieth the bowels, and maketh the belly solluble: white Whey, which commeth by pressing of the curds together, is not so thin and waterish as the former, and therefore not so laxative: it giveth a cold and moist nourishment, very profitable unto cholerick and dry bodies; but hurtfull to the phlegmatick. The like may be said of the Whey that commeth in the making of Butter, commonly called Butter-milk, which if it be used when it is growne a little sowre, excellently represseth the sharpnesse of choler, and is very good for cholerick fluxes. Of milk there are also divers sorts of meats made, which in a common appellation are termed white-meats: they are all, more, or lesse, of a crude, grosse, and obstructive faculty, breeding wind, flegme, and obstructions, especially of the breast: they are convenient for young men, for them that are by constitution cholerick, and that have hot and strong stomacks; but to old men, to them that bee phlegmatick and subject unto rheumes, they are very hurtfull: they are more wholsome and lesse offensive, if they bee well seasoned with sugar, and spice, &c.

White-meats.

But of all the sorts of white-meats, that which is made of wheat decoriccated, and boyled in milk, commonly called Frumentie, giveth the most and strongest nourishment; but it is somewhat hard of concoction, and of very slow distribution, by reason whereof it causeth windinesse and obstructions. Wherfore it is not a convenient meat for them that have weak stomacks, and such as live at rest, or are subject

Frumentie.

subject to obstructions, either of the bowels or reins. But for those that use great labours, and that have strong stomacks, it is very profitable. And being strained, and spiced with Cynamon, it is a very good medicinable meat for such as are too laxative, and subject to fluxes and mordications of the belly, proceeding of choler: for it represseth the acrimony of the cholerick humour, and through the slow descention of it, abateth the flux.

There is also the like kind of pottage, and much likewise of the same nature, made of Rice accurately * depilated and boyled in milk; but it is of easier concoction, lesse obstructive, and of better nourishment. Being well made and spiced with Sugar and Cynamon, it is a temperate meat, very pleasant, easie of digestion, and restorative.

Rice-milk.

* For there is in the pill or bark of Rice, a caustick or burning quality, very pernicious to the body.

There are also other kinds of food made with Rice, all which are somewhat of hard concoction, and of an astringent faculty. They are convenient for them that have good stomacks, and that use to labour and exercise their bodies; but to the aged, and such as are molested with flegme and obstructions, very hurtfull.

There are also certaine Junkets usually made of Milk, especially in the Summer season, as of the best of the Milk coagulated, there is made a kind of Junket, called in most places a Fresh-Cheese, which is very pleasant to the pallat, and of easie concoction: it asswageth thirst, mitigateth the overmuch heat of the stomack, and moystneth the body, and is therefore in the hot seasons of the yeere very profitable for such as are young, and that are of an

Junkets.

hot and dry temperature. But in them that are past their constant age (except they shall be impensively cholerick) and that have cold stomacks, it breedeth wind, phlegme, rheumes, and obstructions, especially of the brest: and therefore in no wise to bee allowed to the aged or phlegmatick. This, or other junkets, or white meats of like nature, must be alwayes at meales first eaten, or at banquets betweene meales, when the stomack is empty: for being eaten after other meats, or in the middle of meales, they doe the sooner corrupt in the stomack, and breed more plenty of phlegmatick and excrementall humours. How great therefore is the error of eating Custards in the middle, or at the end of meales? To conclude, Iunkets, and all sorts of white-meats, are more or lesse, as I have already said, of a crude, grosse, and obstructive faculty, breeding plenty of phlegme: they are onely agreeable for them that have good stomacks, and that are of an hot and cholerick temperature.

A Caution concerning the eating of Iunkets.

Of

Of Sauces and Spices.

SECT. VII.

Whether in the regiment of health, the use of Sauces is to be allowed, as necessary and wholsome?

ALthough that hunger be the best sauce for meat, and thirst for drink, and that the best means to get them, is exercise and abstinence for a time; yet besides these naturall sauces, there be other which be artificiall, and some of them very profitable (such are those that are of a delightsome sharp taste, of a cutting, penetrating, attenuating, and digesting faculty) because they comfort and strengthen the stomack, disperse the crude superfluities of the same, excite the appetite, make the meat pleasant to the pallat, and acceptable to the stomack, whereupon ensueth the better concoction, and more profitable nutriment. The commodities of Sauce.

The best and most common of all sauces is salt, which is so necessary for seasoning and preserving of meats, that we cannot well live without it; and therfore it hath beene a good observed custome, to set it first on the Table with bread, and with the same to take it last away. Salt is hot in the second degree, Salt.

and dry in the third: it is of a clenſing, digeſting, attenuating, drying, conſuming, and ſomewhat alſo of an aſtringent faculty. Well therefore may Salt have the firſt and chiefeſt place among ſauces, for beſide that it maketh the meat ſavoury and acceptable to the ſtomack, and exciteth the appetite, by corrugating the mouth of the ſtomack, and titillating the pallat; it alſo cutteth and attenuateth groſſe and clammy humours, preventeth and correcteth putrefaction, by drying and conſuming all crude and moyſt ſuperfluities, cofirmeth weak and and looſe parts, and helpeth the concoction, eſpecially in a cold and moyſt ſtomack. Hence it may appeare how abſurd and voyd of reaſon the conceit that ſome have of Salt is, as that it is much more hurtfull to the health of the body, than profitable, nay and ſo hurtfull, as they think they cannot without danger put a crumme thereof to their pallats. But the immoderate and too much uſe of Salt, by reaſon that it is hot and dry, of a ſharp byting taſte, and dryeth up and conſumeth all the humors of the body, is very hurtfull, eſpecially unto dry and leane bodies: for it annoyeth the ſtomack, exſiccateth the liver, adureth the blood, dimmeth the ſight, diminiſheth the geniture and ſpirits, cauſeth itch and ſcabbineſſe, and in a word, corrupteth and ſpoyleth the habit of the whole body, making it ſoone old, riv'led, and deformed.

Nam ſapit eſca malè, quæ datur abſque ſale.

The diſcommodities of the too much uſe of Salt.

Vineger.

Vineger is the ſecond ſort of ſauce, which is in common uſe: it is judged with a generall conſent, to be dry in the ſecond degree; but concerning the other qualities, there is great variance: for ſome attribute

tribute unto it a cold quality, becauſe it cooleth and repreſſeth heat, and ſome an hot, which may alſo be eaſily proved; but in my judgement, it is more cold than hot, and ſo much the colder, as it is made of the ſmaller wine. It provoketh appetite, as Salt doth, it vehemently penetrateth, cutteth, and extenuateth groſſe humours, by reaſon of the ſharp tenuity of it; it abateth the fervent heat of choler, and ſtrongly preſerveth the humors from putrefaction, by reaſon of the cooling and drying quality of it; and therefore the uſe of it, in time of peſtilence, is very profitable. It alſo helpeth the ſoft and rheumatick ſwellings of the gummes. It agreeth beſt with the cholerick, becauſe it repreſſeth their choler, and worſt with the melancholick, becauſe it increaſeth their cold and dry diſtemperature. The much uſe thereof is, by reaſon of the cooling, drying and alſo mordicant quality of it which it hath, by reaſon of ſome heat which it ſtill reſerveth of the wine, very hurtfull to the ſtomack, liver, lungs, inteſtines, matrice, and ſinewes: wherefore I adviſe women, and them that be old, that are leane, that have cold ſtomacks, weak lungs, and feeble ſinewes, carefully to eſchew the much and often uſe of it, and to correct it by the admixture of Sugar. And above all, I wiſh Maidens to forbeare the drinking of Vineger, or eating of ſops or toſts dipped therein, to make them leane and low-coloured, leſt that by over-peircing, cooling, and drying their liver, they acquire a big belly (I mean a dropſie) with a lean and ill-favoured face. Vineger that is made of White-wine is more opening, and that which is made of

The diſcommodities of the over-much uſe of vineger.

Claret, more binding; wherefore White-wine Vineger is generally to be preferred, and it is also much the better for the stomack and spirits, if it be rubified, by macerating the leaves of red Roses in it; but for them that have loose stomacks, Claret-wine-vineger is most accommodate. The often or much use of vineger is greatly hurtfull to them that are of a melancholick temperature, and to all such as are subject to the Gout, the Palsie, or other affects of the sinewes.

Rose-vineger.

Verjuyce which is made of sowre or unripe grapes, of crabs, or other unripe sowre apples, is like to vineger in operation, saving that it is of a more cooling nature, and therefore more agreeable for hot and cholerick bodies. It refresheth an hot stomack and liver, represseth cholerick fumes, and raiseth up the appetite dejected through much heat, labour, or exercise: wherefore it is very profitable for hot and cholerick bodies to bee used in way of sauce, and for hot and cholerick diseases, in way of medicine; but it is hurtfull to the aged, and to all cold and phlegmatick bodies. Eisell, or the Vineger which is made of Cyder, is also a good sauce: it is of a very penetrating nature, and is like to Verjuyce in operation; but it is not so astringent, nor altogether so cold.

Verjuyce.

Mustard is a sauce in common use with sundry meats, both flesh and fish, especially those of the grosser sort. It is hot in the fourth degree, and is of a dissolving, attracting, extenuating, and dissipating faculty. It very strongly heateth the stomack, cutteth, extenuateth, and scattereth grosse and phlegmatick

Mustard.

humors, openeth the obstructions of the breast, helpeth the concoction and distribution of meats of grosse substance, comforteth the stomack, and dryeth up and consumeth the superfluous moysture in it. Moreover, it vehemently pearceth the braine, and wonderfully purgeth it from superfluities: and therefore the use of it is very profitable for them that be subject unto cold diseases of the head and sinewes, as the Epilepsie, Lethargie, and Palsie: for it openeth the passages, and dissipateth and consumeth the humors oppilating the nerves: wherefore as it is a good sauce, so it is also very medicinable. It is a most wholsome sauce for them that be phlegmatick, and that have cold and moyst stomacks, especially in a cold and moyst season; but the often and much use thereof is hurtfull unto cholerick and dry bodies.

Orenges. Orenges differ in their temperature, according to the sweetnesse or sowrenesse of their juyce: for the sowrer the juyce is, the colder it is, and the more penetrating; but yet with the greater astriction following, and the sweeter it is, the more hot and lesse penetrating, without any or little astriction concurring. The sweet Orenges are not fit for sauce, because they subvert the appetite, and cause lothsomnesse in the stomack; yet to such as are of a melancholick temperature, they are, by reason of their temperate heat and sweetnesse, somewhat profitable, The sowre Orenges are cold and dry in the second degree: they quench thirst, excite the appetite, and represse cholerick vomitings: they corarctate the breast, and astringe the belly, which are

two

two pernicious properties: wherefore they are greatly hurtfull to the phlegmatick and melancholick, and them that are ſtraight-cheſted. But Sugar correcteth their accidity, and bringeth them to a better temperament. They are convenient for hot and dry bodies, ſo they be not affected with coarctation of the breſt, or aſtriction of the belly. Thoſe that are of a meane taſte betweene both, that is, neither too ſowre, nor too ſweet, are cold in the firſt degree, and temperately dry: they are beſt for ſauce, becauſe they are more acceptable to the taſte, and more profitable to the ſtomack. They are profitable in feavers, to extinguiſh thirſt, and inhibit putrefaction of the humors. Orenges ſliced and ſopped in Roſe-water and Sugar, are very good to coole and refreſh the ſtomack in feavers, and ſo they are alſo at other times, for an hot and cholerick ſtomack; the pulp or medullary ſubſtance of the Orenge is not good to be eaten, except of them that have very hot and cholerick ſtomacks, but the juyce only, becauſe it breedeth a crude and ill juyce, and is not eaſily digeſted. The rindes of Orenges are hot in the firſt degree, and dry in the ſecond, being preſerved in Sugar, and taken in ſmall quantity after meat, they very greatly comfort a weak ſtomack.

Lymons.

Lymons are like in nature unto Orenges, ſaving that as they are ſowrer, ſo are they colder and more peircing, by reaſon of the tenuity of their ſubſtance, wherefore the juyce of them hath an admirable force, of cutting, penetrating, extenuating, and cooling: it ſtirreth up the appetite, comforteth the ſtomack,

ſtomack, reſtraineth vomiting, and is therefore very good for them that have nauſeative ſtomacks. It mightily cutteth and attenuateth groſſe humors, aſſwageth thirſt, mitigateth the ſharpneſſe of choler, and inhibiteth the increaſe of it. It alſo excellently cooleth and refreſheth an hot liver; corroborateth the heart, and is of ſingular efficacie againſt acute and malignant Feavers; for it defendeth the humors from putrefaction, and correcteth thoſe that are putrified. There is not ſo pleaſant a ſauce to be found as this of the Lymon, and it giveth a grace to all other ſauces: it is ſowrer than Vineger, more cooling and more piercing, free from any acrimonious or mordicant quality, and therefore more delectable, and more wholſome than it. It is for hot and cholerick ſtomacks the beſt ſauce, and againſt the vehemency of choler there is not a better medicine; for it mightily repreſſeth, and extinguiſheth the fervent heat of it. It is hurtfull to them that be phlegmatick, and alſo to the aged, except choler ſhall happen to domineere in their ſtomacks.

Citrons. The Citron is like in nature to the Lymon; but it is thought to have a more ſpeciall property againſt malignant and peſtilentiall Feavers, and to comfort the heart. The rindes, and alſo the white pulp of Citrons, and Lymons preſerved, doe comfort the ſtomack, help the concoction, corroborate the heart, and are very good againſt melancholy.

Olives. Olives, if they be ripe, are temperately hot, they are eaten with ſalt, of the inhabitanrs where they grow; but they are neither good for ſauce, nor for

meat, for they weaken the ſtomack, and breed a putrible and unwholſome nouriſhment. But the greene and unripe Olives are cold and dry, of an aſtringent faculty, and theſe are the Olives, which are uſually eaten with meat, to excite the appetite. They are gathered while they be greene, preſerved in pickle, and ſo tranſported. They excite the appetite, clenſe phlegme from the ſtomack, corroborate the mouth of it, and ſtay vomiting; but they are hardly digeſted, excite thirſt, breed groſſe and melancholick humors, and being abundantly eaten, they cauſe head-ach, and make the belly coſtive, eſpecially thoſe that are preſerved only in ſalt: wherefore they are not ſo wholſome a ſauce as they are eſteemed. They are preſerved onely in ſalt, or in a pickle of ſalt and vineger. Thoſe that are preſerved in ſalt, are hotter than the other, for they are hot in the ſecond degree, and of greater force in clenſing of phlegme from the ſtomack: and therefore they are beſt for them that be phlegmatick; and worſt for the cholerick. But thoſe that are preſerved in a pickle of vineger and ſalt, are of a more temperate nature; they repreſſe choler, and ſtay vomiting more than the other do, and are convenient for every age and conſtitution, eſpecially for the cholerick, and therfore they are to bee preferred before them. But which way ſoever they are preſerved, the greene or greeniſh Olives are to be choſen, and the yellowiſh or blackiſh rejected, as abominable for ſauce or meat: for the yellow ones were too ripe before they were gathered, and the blackiſh are putrified. The ſalt liquor or pickle, wherein they are preſerved,

ved, is an excellent remedie againſt ſoft and flagging gummes, and looſe teeth, if they be waſhed and rinſed therewith ſomewhat hot.

Capers are very neceſſary for the preſervation of health: they are preſerved in vineger, or in ſalt, or in a pickle or brine made of them both, which is the beſt way: Being thus preſerved, they are hot in the firſt degree, and dry in the ſecond: they are of an abſterſive and opening faculty, they give very little nouriſhment; but they excite the appetite, notably clenſe away flegme adhering to the ſtomack and guts, kill worms of the belly, and open the obſtructions of the liver, but eſpecially of the milt: wherefore the often uſe of them with meat, is very profitable to phlegmatick and melancholick bodies, to ſuch as have moyſt and wateriſh ſtomacks, that are ſhort-breathed, that have hard an ill ſpleenes, and ſubject unto quartaine fevers. Before they bee uſed, the ſalt muſt be waſhed off cleane from them, and they a little while ſteeped in cleane water, and after that eaten (as other ſallads be) with Vineger, and Oyle alſo, if it ſhall like the eater; or if they be eaten with Oximell, they will not only be the more acceptable to the taſte, but more effectuall alſo for the purpoſes aforeſaid. Currans alſo for ſplenetick bodies are good to be eaten with them. Capers.

The young tender buds of Broome are in the Spring time gathered and preſerved in pickle, in the ſame manner as Capers are: they excite the appetite, and open the obſtructions of the milt and liver no leſſe than Capers doe, and are alſo very profitable in obſtructions of the kidneys: Buds of Broome.

wherefore they may well be uſed with meat as Capers are.

Aſh-keyes. Aſh-keyes, commonly called Kite-keyes of the Aſh, being while they are young boyled and preſerved in pickle made of Vineger and Salt, make a moſt wholſome and profitable ſauce to excite the appetite, mundifie the ſtomack, and to open the obſtructions of the ſpleene and liver. Moreover, they provoke urine, and incite to *Venus*. This ſauce of Aſh-keyes is very profitable for them that have weak and windie ſtomacks, eſpecially for the elder ſort of people, and ſuch as are ſubject to the ſtopping of the ſpleene and liver, which parts it doth not only effectually open, but alſo greatly corroborate.

Sampier. Sampier is in the like manner preſerved in pickle, and eaten with meats: it is a very pleaſant and familiar ſauce, well agreeing with mans body. It is hot and dry, of an abſterſive and diuretick faculty: it exciteth the appetite, comforteth the ſtomack, openeth the obſtructions of the liver, milt, and eſpecially of the kidneys and bladder, by provoking urine: wherfore it is a neceſſary ſauce for them that are ſubject to the ſtone, and convenient for every age and conſtitution of body.

Radiſh. Radiſh is alſo uſed as ſauce with meats, but it is a very hard one, and not ſo wholſome as moſt men deeme them: it is hot and dry, and of an extenuating faculty. Thoſe that are very tart in taſte, are hot in the third degree, and dry in the ſecond. They are accounted the beſt, that are cleare, tender and tart in taſte, and ſo they are, becauſe they are of eaſier concoction,

concoction, and do more delight the Pallat. Some Physicians commend the eating of Radishes before meat, because they excite the appetite; and some after meat, because (as they say) they help the concoction, by depressing the meats; but I constantly affirme, howsoever they oblectate the pallat, depresse the meats, or excite the appetite, that they are neither good before meat, nor after meat, nor together with meat, especially being eaten in any large quantity. They are not good to be eaten before meat, for because that they are with much difficulty digested, and make long stay in the stomack, they hinder both the descention and concoction of the meat that is taken after them, and are also the cause of stinking belchings, which are farre greater hurts, than the exciting of the appetite is a commodity. Neither are they good to be eaten after meat; for by reason of the hardnesse of their substance, they rather oppresse the stomack, than any way help the digestion, breed windinesse, and cause noysome belchings, yea, though they be taken (even as we do cheese) in small quantity. But our usuall manner in England is to eat them together with meat as a sauce, which seeing they are of harder digestion than the meats, is the worst way of all; for being in such manner taken, they greatly oppresse the stomack, ingender raw humors, and abundance of wind, cause lothsomnesse, disturb and hinder the concoction of the meat that is taken with them, raise up noysome fumes and most offensive belchings, which are very hurtfull to the eyes and head. Wherfore I conclude, that they are unwholsome any way to be eaten

Radish neither good before meat, nor after meat, nor together with meat.

(especially for them that have weak stomacks) except for them that be Pallat-pleasers, and that they are onely good to be used in the way of physick: for they heat, cut, and attenuate grosse humours, provoke urine, and procure vomiting. And verily this their heating, cutting, attenuating, and vomitory faculty, is the principall cause, by working upon the humors and meat in the stomack, that they break, or rather breed and raise up so much wind, and avoid it by belchings.

Why Radishes breed much windinesse and belchings.

Oyle. Oyle Olive, which we commonly call Sallet Oyle, if it be of the ripe Olives, is moderately hot, and maketh the belly soluble: but by reason of the unctuous substance and nauseous sweetnesse of it, it dejecteth the appetite, annoyeth the stomack, impinguateth the liver, and increaseth the substance of it: wherefore it is in no wise to be used as a sauce with meats. But the Oyle that is made of the unripe Olives, which is called Oyle Omphacine, is not so grosse and fatty as the other, and inclineth to a greenish colour: it is somewhat of a cooling and astringent faculty, by reason whereof, it strengthneth the stomack, and represseth the too much tenuity, and fluxibility of the bloud in cholerick and sanguine bodies: wherefore the use of it for them that are healthy, is very convenient. Of Butter, which is of great use in sauces, I have spoken in the precedent Section.

Oyle Omphacine.

Honie. Honie is hot and dry in the second degree, and of an abstersive and soluble faculty: wherefore it is very wholsome for them that be old, for such as are phlegmatick, and of a cold and moyst constitution, especially

especially in the cold seasons of the yeer. It is very profitable for such as be asthmatick or short-breathed, and that are subject unto rheumes, so that they be not of a cholerick constitution, because it doth notably clense and mundifie the breast and lungs, of phlegmatick and rheumatick humors. Wherfore I wish all such as are of a phlegmatick constitution, to accustome the eating of Hony mornings fasting, and to walke an houre after it; but it must not be immoderately taken, for, notwithstanding that it is of a clensing and opening faculty; yet for all that, if it be taken in too large a quantity, it will obstruct and cloy the stomack, because it consisteth of a grosse substance. But the use of Hony is hurtfull to them that are of hot complexion, because it inflameth the blood, and is quickly (by reason of the acrimony of it) converted into choler: it is also hurtfull to such as abound with wind, especially the crude and unclarified Hony, because there is in it a windy and excrementall moysture. The way to clarifie it, is to put unto it a little water, and so to boyle it, and scum it so long as any froth ariseth: for by this meanes the tartnesse and flatulent moysture of it, is for the most part taken away, and consequently becommeth a more wholsome medicinable nourishment. That is the best hony, which is hard in the vessell, and curded like Sugar, and which is also of a true and delectable sweetnesse, of good smell, and of a cleare yellowish colour; or if it be of a whitish colour, so that none of the said notes of goodnesse be wanting in it, it is never the worse. New hony is better than old, because some of the moysture

The eating of Honie mornings fasting, very profitable for phlegmatick bodies.

Hony for whom unwholsome.

Clarified Hony.

Notes of the best Hony.

New Hony why better than old.

ſture of it is in continuance conſumed, whereupon it becommeth more dry and tart in taſte.

Sugar.

Sugar is temperately hot and moyſt, of a deterſive faculty, and good for the obſtructions of the breaſt and lungs; but it is not ſo ſtrong in operation againſt phlegme as hony. And here it may bee demanded, whether Sugar or Hony be the better? Whereunto I anſwer, that Sugar is generally more wholſome than Hony: for it is of a better temperature, of pleaſanter taſte, not ſo fulſome as Hony, and therefore more acceptable to the ſtomack, and conſequently farre better for ſauce, and nouriſhment. It may be given in feavers, becauſe it doth not inflame the body, nor ſo ſoone turne into choler as hony doth; and to conclude all in a word, Sugar agreeth with all ages, and all complexions; but contrariwiſe Hony annoyeth many, eſpecially thoſe that are ſubject to inflammation of the liver, that are leane, of a cholerick temperature, or full of wind in their bodies. Hony is onely better for the aged, for them that are of a very cold and moiſt conſtitution, and that have their breaſts ſtuffed with flegme, for it hath a notable heating, opening, clenſing, and mundifying faculty. Water and fine Sugar only brewed together, is very good for hot, cholerick, and dry bodies, that are affected with phlegme in their breaſt: for through the coldneſſe and moyſture of it, it excellently tempereth the heat and ſiccity of the breaſt and ſtomack, and cleareth them of phlegme. Sugar, by how much the whiter it is, by ſo much the purer and wholſomer it is, Which is evident by the making and refining of it. It is made much after

VVhether Sugar be wholſomer than Hony.

the

the ſame manner and forme as white ſalt is. The Sugar is nothing elſe but the juyce of certaine Canes or Reeds, which is extracted by boyling them in water, even after the ſame manner and faſhion as they do Salt. This firſt extracted Sugar is groſſe, and of red colour: it is hot and dry, ſomewrat tart in taſte, and of a deterſie faculty: by longer boyling, it becommeth hard, which we call Red Sugar-Candy; which is only good in glyſters, for to clenſe and irritate the expulſive faculty. This groſſe reddiſh Sugar is againe mixed with water, and boyled and commeth to be of an whitiſh colour, leſſe hot, more moiſt, and more acceptable to the taſte and ſtomack. This kind of ſecond Sugar, we call common or kitchin Sugar. This being the third time diluted, and decocted, is of an excellent temperament, moſt white, and of a ſingular pleaſant taſte: this is the beſt, pureſt, and wholſomeſt Sugar, which giveth a grace unto whatſoever it be mixed with. And this by farther boyling becommeth hard, and of a reſplendent white colour, which we commonly call White Sugar-Candy: this is the beſt Sugar for diſeaſes of the breaſt, for it is not altogether ſo hot as the other Sugar, and is alſo ſomewhat of a more pure and ſubtile moyſture. Wherefore it excellently aſſwageth and moyſteneth the aſperity and ſiccity of the tongue, mouth, throat, and windpipe; and is very good for a dry cough, and other infirmities of the lungs: it is moſt accommodate for all hot and dry conſtitutions.

Red Sugar-Candy.

The beſt Sugar.

White Sugar-Candy.

There are divers kinds of mixt ſauces deviſed and compoſed by the skill of Cookes, to oblectate the

Compound ſauces.

pallat and throat, to excite the appetite, and to adde a grace unto bad meats, which of ingurgitating belly-gods are greatly esteemed. But I advise all such as are respective of their health, to refraine the use of all confused sauces; or to be very circumspect, not only in the use of them, because they allure the stomack to a gluttonous taking of meat; but also in the choice of them: for they only are wholsome, that are somewhat of a sowre taste, by putting to them a covenient quantity of Vineger, Verjuyce, or the juyce of Orenges or Lymons. But let temperate men, and such as are studious of their health, content themselves with the simpler kinds of sauces, because they are for the stomack and health of the body most convenient.

Whether Cinnamon bee the best and wholsomest of all Spices.

CInnamon is hot and dry in the second degree, of thinne parts, and of an excellent aromaticall substance, with some astriction adjoyning: for fragrancy of smell and jucundity of taste, it excelleth all other spices: it strengtheneth the stomack, preventeth and correcteth putrefaction of humors, resisteth poysons, exceedingly comforteth the principall parts, especially the heart and liver, and reviveth the spirits. It also openeth obstructions, and strengthneth the retentive faculty of all the parts, by drying up and consuming the crude and excrementall moysture. It is convenient for all bodies, especially for them that are of cold and moyst tempe-

temperature, and that have weak ſtomacks; but the over-much uſe of it, is hurtfull to ſuch as are by conſtitution cholerick. Of one pound of Cinnamon groſly beaten, a pound of white Sugar, a gallon of Sack, and a quart of Roſe-water, ſteeped together 24. houres, is drawne by diſtillation, a water of ſingular efficacy againſt ſowning, debility of the ſpirits, and principall parts. Wherefore I wiſh every man, that is reſpective of his health and life, eſpecially ſuch as are of a weak nature, never to be without it, and to take now and then a ſpoonfull or two, eſpecially when occaſion ſhall inſtant the uſe of it. Cinnamon water.

Next unto Cinnamon, for goodneſſe and aromaticall ſubſtance, are Cloves: they are hot and dry in the third degree, they are not of ſo penetrating a force as Cinnamon, but more heating and drying; they conſume, and diſſolve crude and windie humors, comfort, and corroborate all the principall parts of the body, eſpecially the ſtomack and heart, excite Venus, help the concoction, diſcuſſe wind, and make the breath ſweet, ſtay vomiting, and fluxes of the belly proceeding of a cold cauſe or weakneſſe of the retentive faculty: And as they are very good for a weak, cold, and windie ſtomack, ſo are they alſo for a liver collapſed by cold. They are very profitable for the aged, for ſuch as are phlegmatick, and ſubject to rheumes, eſpecially in the winter; but the often and much uſe of them is hurtfull unto cholerick and dry bodies. Cloves.

Nutmeg and Mace are of one and the ſame faculty: they are hot and dry in the ſecond degree, ſome-

what of an astringent facultie: they strengthen the stomack, especially the Mace: they comfort the braine and animall faculties, especially the Nutmeg; they stay seminall fluxes, and are good for cold uterine affects, especially the Nutmeg: they discusse wind, and inhibit fluxes of the belly proceeding from a cold cause, or weakenesse of the retentive faculty. They are good for old, cold, and phlegmatick bodies; but the much use of them, by reason of their dry temperature, and astrictive faculty, is hurtfull to cholerick and melancholick constitutions, and them that have costive bellies.

Nutmegs condited.

Nutmegs preserved in Sugar, as soone as they be taken from the tree, are of a very pleasant and delightsome taste, and of most profitable use, for comforting of the stomack and braine, to be eaten now and then, especially in the mornings fasting, and presently after meales: and because they are of a lesse drying and binding faculty; they are very good for every state and constitution of body. Wherfore I advise all those that have weak stomacks, and that live a studious kind of life, never to bee without them, that they may take of them at their pleasure.

Pepper.

All the sorts of Pepper are hot and dry in the height of the third degree, if not in the beginning of the fourth: they are of an heating, and resolving faculty: they excite the appetite, comfort the stomack, help the concoction, and all cold diseases of the breast and stomack, by concocting, dissipating, exsiccating, and expelling crude and flatuous humors: they also strongly heat the sinewes and muscles, and all cold parts. The round black Pepper is in greatest

teſt uſe for ſauce and ſeaſoning of meats: it muſt be moderately uſed; for otherwiſe, by reaſon of the acrimonious heat that it hath, it will quickly inflame the bowels, adure the blood, and conſume the genitall ſeed. By reaſon of the tenuity of its ſubſtance, it muſt be but groſſely beaten, that the heat thereof may longer continue and operate in the ſtomack: for being ſmally beaten, it will make leſſer ſtay in the ſtomack and meſaraick veines, and by reaſon of the penetrating force of it, ſooner over heat and dry the liver, provoke urine, inflame the bloud, and the reines. It is a ſpice, moſt convenient for cold, moiſt, and groſſe meats, for cold and moiſt ſeaſons, for the aged, for the phlegmatick, for them that have cold, weak, and windie ſtomacks, and that are ſubject to diſtillations. But to hot cholerick, and dry bodies, the much or often uſe therof is very hurtfull, eſpecially in hot and dry ſeaſons.

Ginger is the root of a certaine plant growing in Barbarie and other hot Countries: being greene and newly digged up, it is hot in the third degree, and moyſt in the firſt; but when it is growne dry, becauſe that the moyſture of it is conſumed, it is dry in the ſecond degree, if not in the third: it is of an heating and digeſting quality; but it heateth with a more durable heat than Pepper doth, and therefore it is more convenient for a cold and moiſt ſtomack, for which it is of ſingular efficacie: it diſcuſſeth wind, helpeth the digeſtion, and conſumeth crude and phlegmatick humors. It is very profitable for the aged, for ſuch as are phlegmatick, and full of crude, flatulent moyſture in their ſtomacks, Ginger.

especially in cold and moist seasons; but the use of it is not so good in hot seasons, nor for them that are by constitution cholerick, because the often and much use of it will inflame, and distemper hot and dry bodies.

Greene Ginger.

The greene rootes preserved, which wee commonly call greene Ginger, or Ginger condite, are of pleasant taste, very good to be eaten oftentimes, especially mornings fasting, of them that have weak stomacks, and bad memories, and that are subject unto rheumes: for they greatly comfort the stomack and head, and are also very accommodate for all the purposes aforesaid. Wherefore the use of them is for old men and Students most profitable. They also increase the geniture. They are preserved two wayes, either in a syrup of sugar, or covered over and incrustated according to Art with sugar, which we commonly call Candied Ginger: this is the best for them that be very phlegmatick, and rheumatick, and that have very cold and moyst stomacks, because they are of a more exsiccating nature; but the Ginger that is preserved in syrup, is more convenient for all other bodies, and for the purpose last above recited, because it dryeth not, as the candied Ginger doth, but is rather hot and moist in quality, by reason of a substantiall moysture that it receiveth from the syrup wherein it is preserved. The roots that are preserved in syrup, while they be fresh, greene, and full of juyce, are of soft and tender substance, and of a most pleasant taste: wherby you may detect the fraud of them, that boyle the dry Ginger, to make it soft, and afterward put it in-

Candied Ginger.

to

to a syrup, and sell it for greene condite Ginger: for it is somewhat blackish, tough, and hard in biting, and not so delectable in taste.

Saffron is hot in the second degree, and dry in the first: the moderate use of it wonderfully refresheth, comforteth, strengthneth, and exhilarateth the heart: for there is so great society betwixt it and the heart, that it is without delay carried thither, and for that cause it is mixed with all cardiacall medicines. It expelleth and preserveth from all pestilentiall infections, it openeth the obstructions of the liver and gall, and is therefore good against the yellow Jaundise: it provoketh the menstruall courses, and birth, and therefore women with child must carefully shun the use of it: it also dilateth the breast: openeth the obstruction of the lungs, and is for them that be short and thick breathed, the last and greatest remedy. But if it be not moderately used, and that in very small quantity at a time, it is hurtfull and dangerous: for it causeth the head-ach, and offendeth the braine and senses, by sending up sharp fumes: it also dejecteth the appetite, and causeth faintnesse, by too much relaxing the heart, and powring out the spirits. Saffron.

Of

Of Fruits, Roots, & Herbs, that serve for meat, and are usually eaten.

Sect. VIII.

Whether new fruits eaten raw, yeeld any wholsome or profitable nourishment to the body.

ALthough all new fruits that abound with moysture, as most doe, may seeme to be judged unwholsome to be eaten raw, by reason that they fill the body with crude and wateriſh humors, that dispose the bloud unto putrefaction; yet the moderate and tempestive use of them, may be very good and profitable, for such as use to heat and dry their bodies with great labour and exercise, for all hot constitutions, especially for the cholerick, because they extinguish thirst, coole and moysten the body, and represse the vehement heat and ebullition of choler. But to the phlegmatick, and such as have crude stomacks, all raw fruits, especially those that abound with moysture, are greatly hurtfull, as hereafter shall be particularly demonstrated.

And here, before I begin to discourse of alimentary

tary Simples, I will advertiſe the Reader ſomewhat, for his better underſtanding, concerning the foure degrees of qualities, that Phyſicians conſtitute and define to be in Simples: as thoſe are ſaid to be hot or cold, &c. in the firſt degree, that alter a temperate body; yet if they be hot or cold, &c. but in the beginning of the degree (for every degree hath ſo ample a latitude, that in every one we conſtitute three ſtations, and therefore of thoſe things that are in the firſt degree, ſome are ſaid to be in the beginning of the degree, ſome in the middle, and ſome in the end) they do not ſo evidently alter, but that ſome conſiderative examination is needfull for diſcerning of the alteration. In the ſecond degree are thoſe that do ſo manifeſtly alter, as that there is no more need of examination, or conjecture, for underſtanding of the alteration: and of this ſort are hony and figs for heat, and lettuce for coldneſſe and and moyſtneſſe, &c. Of the third degree are thoſe that doe ſtrongly alter, as Hyſſop, Time, Cloves, Sack, if it be not new: and in the ſame degree you ſhall find Time to exceed Hyſſop in heat. Of the fourth degree are thoſe, that do very greatly and vehemently alter, ſuch as in heating are of a burning force, and in cooling of a ſtupifying. Wherefore that may be ſaid to be hot or cold, &c. in the firſt degree, which is but ſlenderly perceived of the guſtative ſenſe: that in the ſecond, which is very manifeſtly percived: that in the third, which is ſo ſtrongly perceived, as that it ſomewhat offendeth the ſenſe: and that in the fourth, which very greatly affecteth and annoyeth both the ſenſe and body. And

Foure degrees in the qualities of Simples.

thus much concerning the understanding of the foure degrees in the primary qualities of Simples. And now because that all fruits, roots, and herbs have for the most part some medicinable faculty, and are also oftentimes offensive unto man, because they engender crude, grosse, and flatulent humors, I will particularly write of such as be in use among us in *England*, declaring their hurtfull qualities with their good, and how they may be rightly used, and of whom, with most profit, and least hurt: And first of all of Apples, because of all fruits they are most plentifull among us.

Apples. Apples are of a cold and moyst temperature, abounding with a superfluous, crude, and windie moysture: yet more, or lesse, according to the different kinds of them: for there are many and sundry sorts of Apples, whose divers natures and faculties may, by the difference of their substance and taste be best knowne and described. For those Apples that are of a solid substance, give a more plentifull and durable nourishment; but they are more hardly digested, and more slowly distributed. Those that are of a soft substance, are easily digested, and distributed; but they give a thinne, waterish, and excrementall nourishment. But those that are of a mixt substance, that is, neither too hard, nor too soft, are both for concoction, and also for nutriment the best. Now, as concerning the taste, some Apples are sweet, some sowre, some of a middle taste, both sweet and sowre. The sweet Apples are not so cold as the other be, but are rather hot in the first degree: wherefore they yeeld more nourishment than other

other Apples do, and the same not so moyst; but they are not so pleasant to the taste, nor so acceptable to the stomack. The sowre Apples are cooling, and therefore they yeeld little nourishment, and the same cold and crude; but the raw juyce of them, by reason that it is of a cooling, cutting, and penetrating faculty, with some small astriction also adjoyning, is good for an hot cholerick stomack, because it mightily represseth the fervent acrimony of choler. But those Apples that be of a middle taste, that is, such as are both sweet and sowre, are for pleasantnes of taste, acceptableness to the stomack, goodness of juyce, and wholsomness of nourishment, beside their medicinable quality against melancholy, and melancholy affects, the best and wholsomest: for they attemper the siccity of that humor, and corroborate the heart by their comfortable savour, and the stomack, by their light astrictory faculty. Such are our Queenings and Russettings, as the principallest, and next our Rosiars, Pearemaines and Pippins, &c. There are also some Apples that are insipid, or without taste: they are of a wateriſh substance, altogether unpleasant to the stomack, and uprofitable for meat. All Apples generally are unwholsome in the regiment of health, to be eaten raw, or before they be full ripe, or soone after they be gathered, except of them that have hot cholerick stomacks, because they engender, crude, wateriſh, and flatulent humors; but if they be baked or rosted, by reason that their flatuous crudity is by the heat consumed, they become more digestible, more wholsome, more pleasant to the taste,

and more acceptable to the ſtomack. Apples may be eaten raw with leaſt detriment in the winter, and all the yeere following, according to the durableneſſe of them (for they do ſooneſt rot, that are of ſoft ſubſtance, by reaſon that they have greateſt ſtore of moyſture, and thoſe are longer kept which are of harder ſubſtance, becauſe there is in them leſſe ſtore of moyſture: for the abundance of excrementall moyſture is the cauſe why they putrifie) becauſe by that time they loſe much of their wateriſh and excrementall moyſture. And they are beſt to be eaten laſt after meat, becauſe they confirme the ſtomack, make good digeſtion, eſpecially in a cholerick ſtomack. And they are alſo good to be eaten at going to bed, of them that have hot and cholerick ſtomacks, or that are diſtempered by drinking much wine, or other ſtrong drink, becauſe they coole the ſtomack, and repreſſe the vapours, that aſcend to the head. Wherefore I conclude, that Apples are moſt convenient for young men, for them that be cholerick, and that have hot ſtrong ſtomacks; but to old men, to them that be phlegmatick, that have cold and weak ſtomacks, and that are ſubject to aches of the ſinewes and joynts, they are very hurtfull, eſpecially if they be eaten raw.

VVhy ſome Apples putrifie ſooner than other?

Peares are much of the nature of Apples, and of the ſame temperature; but they are ſomewhat of a binding quality, eſpecially thoſe that be of an harſh and ſowre taſte. The difference of them muſt bee diſcerned by their taſte and ſubſtance, even as of Apples. Thoſe are the beſt, which are of a pleaſant ſowre-ſweet taſte: for they comfort the heart, the ſtomack,

Peares.

ſtomack, and aſſwage thirſt. Peares make a wateriſh and corrupt bloud, and engender the windy-collick: wherfore they are very hurtfull to the aged, to them that be phlegmatick, that have cold ſtomacks: and that are ſubject to the windy-collick; but they are wholſome enough, or at leaſtwiſe leſſe hurtfull, for hot, dry and cholerick bodies, eſpecially if they eat them not immoderately. They are moſt hurtfull to be eaten before meat, becauſe they bind the belly, eſpecially thoſe that be ſomewhat ſowre, and fill the ſtomack with crude and flatulent humours. They are beſt to be eaten after meat, becauſe they fortifie the digeſtion, repreſſe the aſcending of ſuperfluous vapors to the head, by ſtrengthning and ſhutting up the mouth of the ſtomack, and by reaſon of their compreſſive faculty, being eaten after meat, they make the belly ſolluble, and help the ſubduction of excrements. Baked Peares are much wholſomer than raw, and more agreeable to every age and conſtitution, eſpecially to the phlegmatick: they are acceptable to the taſte and ſtomack, eaſily digeſted, and give a good and wholſome nutriment.

Peare-Wardons, in regard of the ſolidneſſe of their ſubſtance, may be longeſt kept: they are of all ſorts of Peares the beſt and wholſomeſt. They are not to be eaten raw, becauſe that, in regard of the durity of their ſubſtance, they are very hardly digeſted, and breed a crude and flatulent humour; yet they may be to an hot and cholerick ſtomack well liking and agreeable, eſpecially after the drinking of much ſtrong wine or beere, becauſe by ſigil- VVardons.

lating the mouth of the ſtomack, and alſo by reaſon of their cold and crude ſubſtance, they repreſſe and infrigidate the hot fumes that vaporate to the head. But being baked or roſted, they are a delicate meat, and not only good for them that be healthy, but alſo for ſuch as be ſickly, or ſick, becauſe they are very pleaſant to the taſte, and acceptable to the ſtomack, eaſily digeſted, greatly comfort and refreſh a weak ſtomack, and give unto the body very good and wholſome nutriment.

Quince-Peares.

Quince-Peares are of a very hard and wooddith ſuſtance: as they are very unacceptable to the taſte and ſtomack, ſo they give unto the body a very unwholſome and earthy nouriſhment. They are only good for them that affect ſtrange varieties, and that do love with great expence, to metamorphize meats of bad juyce.

Quinces.

Quinces are cold and dry, and of a binding faculty, they are good to ſtay vomitings, and all kinds of fluxes. Thoſe that are a little ſweet, are not ſo cold, nor ſo binding, as thoſe that be ſowre: for the ſowre ones are cold and dry in the ſecond degree, and of a ſtrong binding faculty. To be eaten raw, they are no better than raw Beefe: for they are very hard of concoction, of unpleaſant taſte, and of moſt unwholſome nouriſhment. But the juyce of raw Quinces taken by it ſelfe, or with a little Sugar, eſpecially of the ſowre ones, may be very good for an hot & cholerick ſtomack, for cholerick vomitings and fluxes, and for cardiacall paines of the ſtomack, becauſe it quencheth the thirſt, and mightily repreſſeth the acrimony of choler. Quinces baked with Sugar,

Sugar, Cynnamon, &c. or preſerved, are pleaſant, wholſome, and comfortable, eſpecially to be eaten after meales, becauſe they help the digeſtion, by cloſing and ſhutting up the mouth of the ſtomack, and repreſſe the aſcending of ſuperfluous vapors to the head. Being taken before meales, they bind the belly; and after meales, if they be taken in too large a quantity, they looſe and mollifie the ſame, by a forcible depreſſing of the meats: and therfore ſome commend the much uſe of them after meales, for ſuch as are commonly coſtive; but they greatly erre, becauſe by reaſon of their compreſſive and depreſſive force, they protrude and drive down the meats from the ſtomack, before they be digeſted. The Cotiniate, or Marmalade made of Quinces, if it be well and acurately done, is very delectable to the taſte and ſtomack, it comforteth the heart, and wonderfully refreſheth a weak ſtomack, & maketh it ſtrong to retaine the meat, untill it be perfectly digeſted, and is alſo very good and profitable for the ſtaying of all kinds of fluxes, both of the belly and other parts. Quinces baked, or preſerved, or the Cotiniate made of them, taken in a moderate quantity, are very good and wholſome for all ages and bodies, eſpeciall by reaſon of their comfortative and aſtrictive facultie, for them that have weak and looſe ſtomacks; except for ſuch as are wont to be coſtive, or affected with too much aſtriction of the ſtomack; for whom by reaſon of their aſtringent faculty they are not convenient. Marmalade.

The juycie ſubſtance of the Pomegranat is wholſome and profitable for the ſtomack, and therefore Pomegranat.

good

good to be eaten, notwithstanding that it yeeldeth a thinne and small nourishment. Some Pomegranats are sweet, some sowre, and some of a middle savour, both sweet and sowre. The sweet ones are not cold as the rest, but rather hot in the first degree, and temperately moyst: they clense the mouth of the stomack, moysten the breast and spirituall parts, and make the belly soluble; but they breed wind, and in a cholerick stomack, they are quickly converted into choler. In Fevers (by reason of their heat and flatuousnesse) they are not to be admitted. They are most convenient for them that are of a melancholick temperature, and most hurtfull to the cholerick. The sowre ones are cold in the second degree, and of a stiptick faculty: they are more medicinable, and more fit for Physick uses, than the other sorts are: they quench thirst, extinguish the burning heat of choler, corroborate the mouth of the stomack, stay fluxes and cholerick vomitings, inhibit the ascending of vapors to the head, and are very profitable in acute fevers, and the Cardiacall Passion proceeding of choler. By reason of their acerbity, they are soone offensive to the sinewes, teeth, and gummes; but the sowreness of them is well mitigated with sugar, or the sowre may be eaten together with the sweet: for so the one doth correct the hurts of the other. They are good for an hot stomack and liver, and therefore very convenient for them that are of a cholerick temperature; but for a cold stomack, and especially for them that be old and phlegmatick, they are very hurtfull, because they constringe and coarctate the breast.

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The Pomegranats that are of a middle taſte, are almoſt of the ſame force and efficacy: they are not altogether ſo cold, nor ſo binding, by reaſon whreof they are more pleaſant to the taſte, and more acceptable to the ſtomack, and therefore more fit for uſe in time of health. They are beſt to be taken after meales, to ſtrengthen the mouth of the ſtomack, and to ſtop the riſing up of vapors, eſpecially in them that have hot ſtomacks. They are alſo good to be eaten in the way of phyſick, about foure houres after meales, or in the morning faſting, of them that have hot ſtomacks, and alſo weak, and ſubject to vomiting through the diſtemperance of choler: for they have a ſmall abſterſion, with ſome aſtriction and refrigeration; by reaſon whereof they purifie and corroborate the ſtomack, prevent the corruption of the meat, quench thirſt, and extinguiſh the heat of choler. Wherefore the uſe of them is moſt profitable for them that are cholerick, and that have hot ſtomacks, and livers, and moſt hurtfull to them that be phlegmatick, or that have cold ſtomacks, or are ſubject to the cough, or ſhortneſſe of breath. The rindes, kernels, and flowers of Pomegranats are all of a binding nature, and of much uſe in phyſick.

Peaches & Aprecocks are of one & the ſame nature: they are cold & moiſt in the ſecõd degree: they yeeld a cold, crude & unwholſome nouriſhmẽt; they ingender wind, make the bloud wateriſh, and ſubject to putrefactiõ. They are more hurtful to be eatẽ after other meats thã before; for if they be eatẽ after other meats; they, floting in the higher parts of the ſtomack, are both quickly corrupted, & do alſo corrupt the other

Peaches and Aprecocks.

meats; but being eaten before other meats, they excite the appetite, quench thirſt, and by reaſon of their moyſt and ſlippery ſubſtance, eaſily and quickly deſcend, and alſo cauſe the meats that are taken after them, to paſſe downe the ſooner. Wherefore it is not good to eat them, but when the ſtomack is empty; and by reaſon of the corruptibleneſſe of their ſubſtance, a good draught of Sack, or ſuch like ſtrong wine, muſt be ſent preſently after them, to digeſt and correct their crude and flatuous moyſture. But I hold it beſt for ſuch as reſpect their health, and can ſubject their appetite, utterly to eſchew the uſe of theſe and ſuch like horarie and quickly-periſhing fruites, that fill the body with crude, phlegmaticall, and corruptible humors. They are couvenient, or leſſe hurtfull for young men that have hot and ſtrong ſtomacks, and for ſuch as are of a cholerick and ſanguine temperature; but for old men, for them that bee phlegmatick, and that have weak ſtomacks, and ſubject to wind, they are very hurtfull.

Medlars and Services.

Medlars and Services are of one and the ſame nature: they are cold and dry in the ſecond degree, and of an aſtringent faculty: wherefore they muſt not be eaten before, but after meats, in like manner as all other things ought that are of a binding faculty, to cloze up and corroborate the ſtomack; and they muſt be moderately eaten: for otherwiſe they will oppreſſe the ſtomack, hinder the concoction, and engender a cold, groſſe, and melancholick juyce. But in caſe of binding, they are beſt to be eaten before meat, or at any other time when the ſtomack

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is empty: they ſtrongly repreſſe choler, and ſtop cholerick vomitings and egeſtions. They are not fit for meat, untill by keeping they become ſoft and tender; but the juyce of them (being greene and hard) is very profitable for phyſick uſes, when as there is much need of binding. Medlar and Service-berries are convenient for young men that have ſtrong ſtomacks, for them that be over laxative, or ſubject to vomiting, and that are by coſtitution cholerick; but to old men, to them that are of a phlegmatick or melanchoiick temperature, and that are commonly coſtive, they are very hurtfull.

The unripe Mulberries are cold and dry almoſt in the third degree, and doe mightily bind: they are profitable for medicine, but not for meat. The ripe and new gathered Mulberries are moyſt in the ſecond degree, they are alſo cooling, notwithſtanding the *modicum* of heat in them, and a little binding, which is evident by their taſte. They are acceptable to the ſtomack, but they yeeld little nouriſhment; they excite the appetite, repreſſe choler, and by reaſon of their much moyſture, greatly moyſten the inward parts, quench thirſt, help the aſperity of the throat, quickly deſcend from the ſtomack, and make the belly ſoluble. They muſt be taken, by reaſon of the moyſture and ſlipperineſſe of their ſubſtance, before meat, or at any other time when the ſtomack is empty; for they are quickly corrupted, and are offenſive to the ſtomack, unleſſe they ſpeedily deſcend: and therefore they are not good to be taken after meat, becauſe the meat will hinder their paſſage. And for the ſame cauſe they are very hurtfull Mulberries.

for them that have impure ſtomacks : for in ſuch they greatly engender wind, and increaſe crude and corruptible humors. They are convenient for an hot ſeaſon, for young men, for ſuch as are of a cholerick and ſanguine temperature; but hurtfull for old men, and them that be phlegmatick.

Figs. The greene and ripe Figs are hot and moiſt in the firſt degree : the dry or barrell Figs are hot and dry in the ſecond degree, and withall ſomewhat ſharp and biting. They are of an abſterſive and diuretick faculty ; they are eaſily digeſted, and do nouriſh more than other Autumne fruits. They are beſt to be eaten in the morning faſting, & at any other time when the ſtomack is empty; for ſo they breed the better juyce, and are the more medicinable for clenſing of the breaſt and lungs, which is a ſpeciall vertue that Figs have : being taken after meat, or before the ſtomack bee empty, eſpecially the new ripe Figges ; they quickly corrupt in the ſtomack, and fill the body with crude and flatulent humors. The new ripe Figges do give a more moiſt and flatuous nouriſhment, than the dry ones do, which puffeth up the fleſh, and filleth the belly with wind ; and yet by their windineſſe they little offend, becauſe they quickly deſcend and make the belly ſoluble, by reaſon whereof the wind that they breed, doth ſoone paſſe away ; and in this reſpect, they are leſſe hurtfull than other Autumne fruits. They chiefly annoy their ſtomacks that are ſubject to the wind collick : and therfore it is good for ſuch to reſraine the uſe of them. The dry barrell Figs are of a ſtronger clenſing, cutting, extenuating, reſolving,

ſolving, and concocting faculty, and therfore more effectuall for clenſing of phlegme from the breaſt and ſtomack, and for old infirmities of the lungs. They engender cholerick and ſiticulous humours, and therefore they are very hurtfull to the bowels that are inflamed, or full of choler. The much uſe, of them, not only becauſe they engender ebullient humors, but alſo by reaſon of their property of carrying forth corrupt humors, that reſide in the body, unto the skin, cauſeth itching, and ſcabbineſſe, and oftentimes alſo the lowſie evill. They are convenient and wholſome for them that be old, that be phlegmatick, that are ſubject to obſtructions of the breaſt, and for cold and moiſt ſeaſons; but to the cholerick, and them that have hot livers, they are hurtfull, eſpecially the often and immoderate uſe of them.

The greene and ripe Dates are hot and moiſt in the firſt degree; but if they be old, their heat is increaſed, and moyſture abated. The ſoft, moyſt, and ſweet ones are to be choſen, becauſe they give a more reſtorative and comfortable nouriſhment. Thoſe that are ſomewhat ſowre, and of an unpleaſant taſte, are more binding, and altogether unprofitable for nouriſhment; and ſo are alſo thoſe that are over-dry or putrified. All Dates are of an aſtringent faculty, they yeeld a groſſe, clammy, and an impinguating nouriſhment, by reaſon whereof they are very good for ſuch as are in a conſumption, or have weak livers, or ſubject unto any flux, or waſte. But by reaſon of their groſſe and obſtructive juyce, they are hurtfull to ſuch as are ſubject Dates.

to obstructions, especially of the liver and spleene. They must be boyled in broths, or added unto other physicall confections, that are made to strengthen, &c. for to be eaten, they are not fit for any age or constitution, because they breed wind, offend the head, and corrupt the teeth. Moreover, the greene and ripe Dates do fill the body with crude humors; and the dry ones are of hard concoction, cause gnawings in the stomack, and do breed a juyce which is quickly converted into choler.

Plums. There are divers sorts of Plums, both of the garden, and also of the field, and of sundry colours, and of very different faculties. The greene and ripe ones, of what sort soever they are, doe coole and moysten, and fill the body with crude and corruptible humors; yet some are more wholsome, or at least lesse hurtfull than other: they may best bee distinguished by their taste: for some are sweet, some sowre, and some of a middle taste, both sweet and sowre. The sweet Plums doe give more nourishment than the rest, and doe more loose the belly; but by reason of their over-much moysture (for they are completly moyst in the third degree) they relaxe and weaken the stomack, and for the same reason also the nourishment which they yeeld, is nothing good at all, but excrementall. They are most hurtfull to them that be phlegmatick, and are only convenient for those that would moysten and keep their bodies soluble; for by their excessive moysture and slipperinesse, they doe moysten the body, and mollifie the belly. But they must be eaten before meales, or when the stomack is empty;

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for if they be eaten after meales, as our manner is to eat them, or before that the meat is descended from the stomack, they spoyle the concoction, and fill up the stomack with crude and corruptible humours.

VVilde Plums.

The sowre and harsh Plums, as Bullasis, and other that grow wilde, and also the unripe Plums, of what sort soever, whiles they are sharp and sowre, are cold and binding, and the more harsh they are, the more binding: they quench thirst, excite the appetite, bind the belly, represse choler, & extinguish the burning heat of it; but they are not meet for meat, especially those that are harsh, because they yeeld to the body little or no nourishment at all, and are by reason of their astriction, and duritie of substance, very hurtfull to the breast and stomack; yet nevertheless the moderate use of them may be, as Physick, very profitable to a cholerick stomack. The juyce of them, especially of Sloes, boyled with a small quantity of Sugar, and so kept, is of excellent efficacy for stopping of the laske and bloudy flux, and all other issues of blood whatsoever. The Plums that are of a middle rellish, such as are our Damsons, &c. are the best and wholsomest: they

Damsons.

are cold and moyst in the second degree, they are more acceptable to the taste and stomack, and yeeld (although little, yet) better nourishment than the rest: they excite the appetite, quench thirst, represse choler, and somewhat also loose the belly: they must also be eaten before meales, or when the stomack is empty. These, as all other sorts of Plums, are best for them that are young, that are by constitution

tution cholerick, and that have hot and ſtrong ſtomacks; but to them that are old, that are phlegmatick, that have weak and cold ſtomacks, and that are ſubject to the wind-collick, they are very hurtfull, becauſe they breed wateriſh and flatulent humors. Plums ſtewed and eaten with Sugar, are ſomewhat wholſomer than the raw ones, and more covenient for the ſtomack.

Prunes. Dryed Plums, which are commonly called Prunes, are wholſomer, and more pleaſant to the ſtomack, than the greene Plums: they yeeld much better nouriſhment, and ſuch as cannot eaſily putrifie, by reaſon that their crude and ſuperfluous moyſture is dryed up and conſumed. The Damask and and Spaniſh Prunes are the beſt, becauſe they are the ſweeteſt: being boyled in broths, they looſe the belly, and excrete out choler: being ſtewed and eaten betweene or before meales, they are moſt pleaſant to the taſte, excellently refreſh a weak ſtomack, and do alſo mollifie the belly. They are moſt convenient for them that are of a cholerick and ſanguine conſtitution. French Prunes, and all ſuch as are ſomewhat ſowre in taſte, are alſo ſomewhat of a binding, and not of a ſoluble faculty.

Grapes. Grapes, for that they are pleaſant to the taſte, and alſo nouriſh much, may have the preheminence among the Autumne fruits. As they are divers in taſte, ſo are they alſo in quality: for ſweet Grapes are hot in the firſt degree, and moyſt in the ſecond: they nouriſh moſt, and moſt of all make the bodie ſoluble; but the nouriſhment which commeth of them, is over-moyſt and windie, which troubleth

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the belly, and puffeth up the whole body. Sowre Grapes are cold and moiſt, they quench thirſt, and mightily extinguiſh the over-much heat of the ſtomack and liver, repreſſe the ſharpneſſe of choler, and cholerick vomitings, excite the appetite, and ſtrengthen the ſtomack that is weakned through the diſtemperance of choler. They are hurtfull to every age and conſtitution, except to them that are young, and of an hot and cholerick temperature. The Grapes that are harſh in taſte, either by nature, or (as all Grapes are of what ſort ſoever) before they be ripe, are very cold and aſtringent: the juyce of them is only profitable in the way of phyſick to coole, and to repreſſe cholerick vomitings and egeſtions. Thoſe Grapes that are of a ſowre-ſweet taſte, are for temperature and faculty, in a meane between the ſowre and the ſweet: they excite the appetite, coole the heat of the ſtomack and liver, quench thirſt, repreſſe the heat of choler, and excrete it thorow the belly. But all Grapes that are newly gathered and eaten raw, do yeeld unto the body an over-moiſt and excrementall nouriſhment, they trouble the belly, fill the ſtomack with wind, and inflate the milt, eſpecially if they be immoderately eaten. But of all the ſorts of Grapes, the ſowre and auſtere in taſte are for meat the worſt: for ſuch kind of Grapes do very much hinder the concoction of the ſtomack, and ingender a cold and raw juyce, which is ſeldome or never converted into good bloud. The ſweet Grapes, and ſuch alſo as are a little ſowre, being thorow ripe, are leſſe hurtfull; for their juice is hotter, & is eaſilier diſperſed thorow the liver

and veines. And if they be kept two or three dayes after they be gathered, and then eaten, they do nouriſh the better, and are leſſe windy, and troubleſome to the belly, by reaſon that ſome part of their ſuperfluous moyſture is in that ſpace conſumed. But in the eating of Grapes this Caution muſt be obſerved, that neither the skinnes, nor the kernels or ſtones in them be ſwallowed downe, but only the ſucculent pulp, becauſe they are unprofitable to the body: for by reaſon of their duritie and ſiccitie of ſubſtance, they offend the ſtomack, receive no alteration in the body at all, or very little, and alſo hinder the concoction and diſtribution of the medulline part of the Grape thorow the body, which is only nouriſhing. It is beſt eating of them when the ſtomack is emptie, and not after meat; for if they be eaten upon a full ſtomack, they ſpoyle the concoction, abundantly breed wind, and fill up the ſtomack with crude and corruptible humors. They are, ſo they be moderately eaten, convenient for every conſtitution and age, except for the phlegmatick, and them that are old; for in theſe they exceſſively increaſe cold, crude and flatulent humors, which vitiate the bloud, cauſe rheumes, inflate the milt, and diſturbe the belly. But Grapes boyled in butter, and ſops of bread added thereto, and Sugar alſo, if they be ſomewhat ſowre, are a very pleaſant meat or ſauce, and agreeable for every age and conſtitution: for they are leſſe windy, more acceptable to the ſtomack, and yeeld more and better nouriſhment to the body.

A Caution concerning the eating of Grapes.

Of Grapes dryed through the heat of the Sunne, are

are made Rayſins: the greateſt, ſweeteſt, and fatteſt, are the beſt and wholſomeſt, and thoſe wee commonly call Rayſins of the Sunne: for they are of the greateſt and faireſt Grapes. They are hot in the firſt degree, and moyſt in the ſecond: they yeeld to the body much nouriſhment, and the ſame very good, for there is in them no ill juyce at all. They are paſſing good for the liver, and as it were by nature appropriated to that part: they concoct raw humors, and by reaſon of their lenifying and deterſive faculty, clenſe phlegme from the ſtomack and lungs, levigate the roughneſſe of the wind-pipe; and are therfore very good for the cough, and other infirmities of the breaſt: they do alſo a little mollifie and looſe the belly; but the ſtones in them muſt be taken forth, which by reaſon of their aſtringent quality, and durity of ſubſtance, are offenſive to the breaſt and ſtomack. They are very wholſome and good for every ſeaſon, every age and conſtitution. The leſſer and common ſort of Rayſins are not ſo ſweet in taſte, but have rather a pleaſing ſowreneſſe adjoyned to them, by means whereof they are more gratefull to the ſtomack; but they yeeld leſſe nouriſhment to the bodie, and by reaſon of a ſmall aſtriction that is in them, they are not ſo profitable for the breaſt; but for the ſame cauſe, they are more convenient for them that are too ſoluble or ſubject to fluxes, through the weakneſſe of the retentive faculty. Rayſins.

The ſmall Rayſins of Corinth, which we commonly call Currans, are much uſed in meats, and that for good cauſe: for beſide their pleaſantneſſe Currans.

in taſte, they excite the appetite, ſtrengthen the ſtomack, comfort and refreſh weak bodies, and are profitable for the milt. They are very good and wholſome for every ſeaſon, age, and conſtitution.

Cherries. All the kinds of Cherries are generally of a cold and moiſt temperature; they breed wind in the ſtomack, and fill the body with crude and putrible humors. But ſome are farre more wholſome than other: the beſt and principalleſt are thoſe that are of a red colour, and of a pleaſant ſowre-ſweet taſte, for they delight the pallat, excite the appetite, and are more acceptable to the ſtomack: they do moderately coole, quench thirſt, attemper the heat of the ſtomack and liver, repreſſe choler, and give to the body a more commendable juyce. Being preſerved, they are a moſt choyce medicinable nouriſhment; and being boyled with Butter, ſlices of Bread and Sugar, betweene two diſhes, they delight the pallat, excite the appetite, and yeeld a good and wholſome nouriſhment, eſpecially for hot and dry bodies. The diſtilled water of theſe, and alſo of the ſowre ones, is very good in fevers and inward inflammations. The Cherries that be very ſweet, do deject the appetite, relaxe the ſtomack, & engender groſſe & phlegmatick humors. Thoſe that are ſowre, do give unto the body no nouriſhment at all; but they excite the appetite, cut groſſe and clammy humors in the ſtomack, repreſſe the heat of choler, and are only good for an hot cholerick ſtomack. Thoſe that are black are eſteemed wholſomer than the red Cherries; but very unworthily, for their reliſh is not ſo acceptable to the pallat, as the beſt ſort of

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red Cherries, they sooner corrupt in the stomack, and ingender wormes. Cherries must be eaten fresh and newly gathered, because they quickly corrupt, and that not in stead of meat, but for quenching of thirst, and attempering the heat of the stomack and liver: and for the same purposes they must not be eaten after meales, as our common prepostorous use is to eat them; but when the stomack is empty, as an houre or two before meales, because they provoke appetite, quickly descend from the stomack, and make the belly soluble. They are convenient for them that are young, and for such as are of a cholerick temperature; but hurtfull to the aged, and them that abound with phlegme.

The green and unripe Goose-berries are cold and dry in the second degree & of an astringent faculty: the juyce of them is used in divers sauces for meat, in stead of verjuyce, which maketh them not only pleasant to the taste, but also very profitable to such as abound with choler, and are afflicted with hot, burning, and malignant fevers: for it extinguisheth the vehement heat of choler, very greatly resisteth the corruption of humors, and labefaction of the vitall and naturall parts. The Goose-berries that are indifferently ripe, are cold in the first degree, and moist in the second, and are lesse binding, than when they are altogether green and unripe. They are of a pleasant sowre taste, and therfore being boyled between two dishes, with butter, sops of bread and sugar, or as those that are skilfull in Cookery can best tell, they make a most excellent and delightsome sauce for most kinds of meats, which yeeldeth to the Goose-berries.

body somewhat a cold and small nourishment; but it exciteth the appetite, quencheth thirst, represseth choler, and addeth a singular grace unto the meats, and a correctory relish also unto such as are hot and dry, or fulsome in taste. Being eaten raw, they are very hurtfull to a cold and weak stomack, and for them that are aged, because they encrease cold and crude humours: contrariwise they are profitable to an hot stomack, because they excite the appetite dejected by over-much heat, and greatly coole the inflammations both of the stomack and liver: they are also very good for women with child, because they help their picarie affections, and notably preserve them from abortion. But if they are immoderately eaten, they exasperate and load the stomack, bind the belly, and inhibit all fluxes, except they happen to be taken into a cold stomack, for then they oftentimes rather oppresse and trouble the same by some manner of flux. To conclude, they are so much profitable to the cholerick and sanguine, as they are hurtfull to the melancholick and phlegmatick. The Goose-berries that be throughly or over-ripe, are not, by reason of their fulsome sweetnesse, used in sauces, neither are they any way good to be eaten, for they fill the stomack and whole body with grosse, crude, and corruptible humors.

Ribes. Ribes, which with us are commonly knowne by the name of Red Currans, are deemed to be of the same nature that Goose-berries are. Indeed there is a great parity of nature betweene the ripe Ribes and the Goose-berries that are a little ripe; but betweene the ripe Goose-berries, and the ripe Ribes, there

there is no compariſon to be made at all: for wheras the ripe Gooſe-berries conſiſt of a very groſſe and fulſome ſubſtance, the Ribes are of a moſt pleaſant and profitable juyce. They are cold in the firſt degree, and moiſt in the ſecond, with a little ſiccity alſo concurring: they delight the pallat, excite the appetite, quench thirſt, coole the inflammations of the ſtomack and liver, and wonderfully refreſh and ſtrengthen the ſtomack that is debilitated with heat: they alſo ſtay cholerick vomitings, help the Cardialgick paines of the ſtomack, and excellently repreſſe all cholerick excretions and exhalations. Wherefore they are very profitable for them that are young, and that are of an hot and cholerick temperature; but they are greatly hurtfull to the aged, to all cold conſtitutions, and to ſuch as are ſubject to obſtructions of the breaſt. The Rob, that is, the juyce of the berries boyled with a third part, or ſomewhat more of Sugar added unto it, till it become thick, and ſo preſerved, is for all the aforeſaid purpoſes preferred before the raw berries themſelves, except for ſuch as are of a very cholerick and ardent temperature. The Rob of Ribes.

Barberries are of the ſame nature and force that the Ribes are, and ſo is alſo the Conſerve, or rather the Rob that is made of them, which is in very common uſe againſt hot, burning, and cholerick diſtemperatures. Barberies.

Raſpis or Framboiſe being ripe, are cold in the firſt degree, and temperately moyſt with a ſmall aſtriction adjoyned, eſpecially if they be not over-ripe: they are of good and laudable juyce, they com- Raſpis, or Framboiſe,

comfort a weak and queasie stomack; but not so well as the Strawberry doth, for they oftentimes corrupt in the stomack: they also quench thirst, asswage the inflammations of the throat, stomack, and liver, and coole the heat of urine. They may be eaten by themselves, or with White-wine, Claret, or Sack; or if there be need of cooling, with Rose, or Violet-water and Sugar. They are good for them that are young, and for hot and dry bodies; but hurtfull to the phlegmatick and aged, and all such as have cold and weak stomacks.

Strawberries. Strawberries are for pleasantnesse of taste, acceptableness to the stomack, and goodnesse of juyce, to be preferred before the Framboise: being full ripe, they are cold and moyst in the first degree, with a little siccity also adjoyned. The great red garden Strawberries are the best & wholsomest: the nourishment which they yeeld, is little and thin, yet commendable and good. They are very delightsome to the taste, and acceptable to the stomack: they excite the appetite, quench thirst, represse the ebullient crimony and fluxions of bloud and choler, and excellently coole the inflamations of the stomack and liver. Being eaten before they bee full ripe, they are by reason of their earthy substance, quickly offensive to the stomack. In case of cooling, they may be well eaten with Rose, Violet, or Borage-water and Sugar: otherwise, with White-wine, Claret, or Sack and Sugar, as the temperature and disposition of the body shall require. The distilled water of them drunk with Sugar, is very good for such as have cholerick stomacks, or inflamed livers,

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to bee taken when the ſtomack is empty: it is alſo good againſt the cardiacall paſſions, becauſe it reviveth the ſpirits, and maketh the heart merry; and likewiſe againſt the abſtructions of the kidneys, becauſe it provoketh urine, and tempers the heat of the reines. Theſe, as alſo the Framboiſe, are with us very uſually eaten, with the fatteſt and beſt part of the milk and Sugar, which way of eating them, is very fit and commendable for hot and colerick bodies; but abundantly hurtfull for ſuch as have cold ſtomacks, and all that are by conſtitution phlegmatick. There may alſo be made of Strawberries, a Conſerve, or rather a Rob, as I have aforeſhewed of Ribes, very profitable to all the purpoſes aforeſaid.

The wild or voluntary Strawberries, that I may ſo terme them, are not ſo good as thoſe that are manured in gardens, becauſe they conſiſt of a more terrene nature, by reaſon whereof, as alſo of their ſtiptick aſperity, they ſoone offend the ſtomack; yet unto ſuch as abound with ſharp choler in their ſtomacks, they are very medicinable and good: for they wonderfully aſſwage & repreſſe the acrimonious heat of choler. To conclude, Strawberries are in all reſpects convenient and good for them that are yong, and that are of a cholerick and ſanguine temperature; but very hurtfull to the phlegmatick, to them that have cold ſtomacks, and that are ſubject to the palſey, and other affects of the ſinnewes.

Whorts, or Whortle-berries, are cold in the later end of the ſecond degree, and dry alſo, with a ma- VVhorts.

nifeſt aſtriction, or binding quality. They may with us very well ſupply the uſe of Myrtils, eſpecially if they be not too ripe, or when they are but beginning to be ripe: they are convenient for an hot ſtomack, they quench thirſt, bind the belly, ſtay vomiting, cure the bloudy flix, proceeding of choler, help the cholerick paſſion, which is a vehement purging of choler upwards and downwards: and in a word, they are of admirable force againſt the great heat and fervent ebullition of choler. But they are greatly offinſive to them that have weak, cold, and phlegmatick ſtomacks: for in ſuch, they are ſo far from binding the belly, or ſtaying of fluxes, as that they rather trouble the ſame, through their cold and crude quality. In ſome places, the people uſe to eat the wortles in creame and milk, which way of eating them is moſt hurtfull, except for ſuch as are young, and that have hot and cholerick ſtomacks. The juyce of the berries, boyled with a third pard of Sugar added unto it, till it become thick, which the Apothecaries call Rob, and ſo kept, is of very good force and efficacy for the purpoſes aforeſaid, and is, by reaſon that the cold and raw quality thereof is in the boyling exhauſted, to be preferred in all things, before the raw berries themſelves, except for them that have very hot and burning ſtomacks.

Haſel-nuts. The common Hedge, or Haſell-nuts, eſpecially if they be dry, are of an earthy and unprofitable ſubſtance; they are hard of concoction, and becauſe they very ſlowly paſſe thorow the belly, they are troubleſome, and hurtfull to the ſtomack: they alſo

ſo breed the cough, and are very pernicious to the lungs: they are onely convenient for ruſticall bodies. Thoſe that are newly gathered, are wholſomer than the dry: for by reaſon that they are of more moyſt and ſofter ſubſtance, they are more eaſily concocted, and doe not altogether ſo much oppreſſe the ſtomack. But I wiſh ſuch as have weake ſtomackes, and that are ſtudious of their health, ſeldome or never to eat them, becauſe they breed phlegme, violate the lungs, and ſoone offend the ſtomack and belly, by their windy and cloying ſubſtance.

Filberds are wholſomer than the common Haſel-Nuts, for they conſiſt of a better ſubſtance, and although they are alſo hardly digeſted, yet they are profitable for the liver, eſpecially if they bee eaten with Rayſins: the immoderate uſe of them induceth the ſelfe-ſame hurts, that the common Haſel-Nuts doe. Thoſe that have their skins red, are the right Pontick Nuts, and are both for pleaſantneſſe of juyce, and facility of concoction, the beſt Filberds. The greene ones, that are but lately gathered, are by reaſon of ſome moyſture in their ſubſtance, much wholſomer than the dry: for the dry Nuts are hot and dry in the firſt degree, and in the ſame, more dry than hot; and beſide that, they are with greater difficuity digeſted, they alſo breed very much choler. Filberds.

The dry Walnuts or VValſh nuts, are hot and dry in the ſecond degree: they are of hard digeſtion and of an aſtringent faculty: they increaſe choler, offend the ſtomack, hurt the breſt, and cauſe the Walnuts.

cough. Thoſe that in keeping become oylie and ranck in taſte, are to bee rejected, as utterly naught and unwholſome; for they are of an hot exulcerating faculty; they altogether breed choler, and very greatly annoy the breſt, ſtomack, head, throat, tongue, and pallat. The dry VValnuts are onely good for robuſtious bodies, and for ſuch as reſpect not wherewith they fill themſelves. Thoſe that are newly gathered, are farre wholſomer than the dry; for they are ſomewhat of a moyſt temperature, and of a more commendable ſubſtance; by reaſon whereof they are more pleaſant to the taſte, more acceptable to the ſtomack, and of wholſomer juyce. But they are alſo hurtfull to them that are ſtrait-cheſted, and that are ſubject to the cough, or other affects of the lungs. The great Royall Walnut doth for wholſomeneſſe in all reſpects farre exceed the reſt.

Cheſtnuts. Cheſtnuts are hot in the firſt degree, and dry in the ſecond: being well digeſted, they yeeld a ſubſtantiall thick nouriſhment; yet for all that, they are not approved for meat, except in the time of penury, or for ſtrong ruſticall bodies, becauſe they are of hard concoction, and of ſlow and painefull diſtribution: they alſo abundantly ingender wind, bind the belly, and offend the head. Being roſted under the hot embers, or boyled, and ſo eaten with ſalt and Sugar, they are not ſo hard of digeſtion, they more eaſily deſcend, and are leſſe windy; yet they make the body coſtive.

Pine-Apple or Nut. The kernels of this fruit are hot in firſt degree, and moiſt in the ſecond: they yeeld to the bodie much

much good and ſubſtantiall nouriſhment, and are alſo of a concocting, lenifying, and cleanſing faculty. They diminiſh and take away the corruption of humors, and alſo give unto the body a good reſtorative juyce; but they are not altogether eaſie of digeſtion, and they alſo offend the ſtomack through their acrimony, if they be too plentifully eaten. The neweſt and the whiteſt are the beſt. They muſt be eaten with Honie or Sugar: they are beſt for the phlegmatick, and them that be old, with hony: for them that are young, and that are of a cholerick and hot temperature, with Sugar; but they muſt firſt be macerated the ſpace of an houre in warme water, and then eaten; for by that meanes, they are more eaſily concocted, and depoſe all their offenſive acrimony. They are of much uſe in phyſicall compoſitions, eſpecially for diſeaſes of the breaſt; they are of excellent efficacy againſt an old cough, the aſthmatick paſſion, and conſumption of the lungs: for they mundifie the lungs from phlegme, repreſſe the ulcers of them, expectorate the putrilaginous matter, and viſcous humors of the ſame; and repaire the ſtrengths. They are convenient in cold ſeaſons of the yeer, for the phlegmatick, and them that be aged; and alſo for ſuch as are young, in affects of the breaſt, being taken with Sugar.

Fiſtick Nuts.

Piſtach or Fiſtick Nuts are of an aromaticall ſavour, and do for wholſomneſſe exceed all other Nuts. The kernels of them are much of the ſame efficacy and uſe in phyſick as be thoſe of the Pine-Apple; but they are ſomewhat of an hotter temperature: the newer they are, the better and wholſomer

somer they are: the best way to eat them, is with Rose-Sugar, their skins being first pilled off, and macerated the space of foure or five houres, or more in Rose-water. They strengthen the stomack and liver, yeeld to the body a good impinguating nourishment, by reason whereof they are very good for bodies that are consumed, and have lost their strengths: they excite *Venus*, by increasing the geniture, and fortifying the reines. They also open the oppilation of the liver, and mesaraick veines, mundifie the reines, and asswage their paine. They are good against the shortnesse of breath, for they remove the obstructions of the breast, by clensing forth superfluous and putrid humours that adhere to the lights and chest: for which cause, as also by reason of their restorative force, they are very greatly commended, for those that have the pthisick or consumption of the lungs. They are very wholsome and good for them that be aged, and for such as are of a phlegmatick temperature; but not so convenient, but rather hurtfull to them that bee young, and that are of an hot and cholerick temperature, because in such, they distemper the bloud, and being much eaten, oftentimes procure the vertiginous evill,

Almonds. Sweet Almonds have in them a good medicinable nourishment: they are of an opening, concocting, and clensing faculty, wherby they are very medicinable to the breast and lungs. Those are best to be eaten which are somewhat newly gathered, for they are of a good temperature in heat and moysture, and of wholsome and pure juyce; and they

they the worſt, which are overmuch withered; for the dryer they are, of worſe temperature the are, of leſſer and worſe nouriſhment, of harder concoction, and more offenſive to the ſtomack, through their ſlower deſcenſion. They are alſo eaten in the Summer, before they be thorow ripe, when as they abound with a milkie juyce; at which time they are very pleaſant to the taſte, but they yeeld a groſſe nouriſhment, and doe likewiſe ſlowly deſcend: wherefore it is good to eat not only theſe, but alſo the ripe and dry Almonds with Rayſins, to cauſe them more lightly to deſcend, and with leſſe offence to the ſtomack. The Almonds that are not fully ripe, are only convenient for them that are young, and that are of an hot and cholerick temperature: thoſe that have their full ripeneſſe, and reſerved all the yeere, ſo that they waxe not too dry, or in their colour and ſubſtance vitiated, are convenient and good for every ſeaſon, age, and conſtitution. There is drawne out of ſweet Almonds blanched, and beaten very ſmall, with ſome convenient liquor, as Barley-water, & a little Roſe-water, or ſuch like, a white juycelike milk, which with white Sugar-Candy alſo put to it, maketh a moſt pleaſant, delectable and wholſome drink for weak and ſickly perſons, eſpeciall for ſuch as are extenuated through a feverous diſtemperature: for it giveth a pure, thin, and moyſtning nouriſhment, which by reaſon that it is eaſily diſtributed, very ſpeedily moyſtneth, comforteth, and refreſheth the whole body, mitigateth the heat of choler, and procureth ſleep. Wherefore it is very profitably given in hot fevers

Almond milk.

fevers to coole and moyſten, and to thoſe alſo that have the pleuriſie, and ſpet up filthy matter: for there is in it alſo a concocting and lenifying faculty, by reaſon whereof, it is very medicinable to the breaſt and lungs. It is alſo good for thoſe that are troubled with a cholerick laske, or bloudy flixe, eſpecially being aromatized with a little Cinnamon. To conclude, it is a drink very profitable, not only in ſickneſſe, but alſo in health, for all hot cholerick and dry bodies, for ſtudents, for them that are too vigilant, and all ſuch as are ſubject to infirmities of the breaſt and lungs, to be taken at going to bed, and alſo at any other time, ſo the ſtomack be empty, eſpecially in hot and dry ſeaſons of the yeer. It is only not convenient for the phlegmatick.

Muſhrums. Many phantaſticall people do greatly delight to eat of the earthly excreſcences called Muſhrums; whereof ſome are venemous, and the beſt of them unwholſome for meat: for they are of hard concoction, corrupt the humors, and give to the body a phlegmatick, earthy, and windy nouriſhment, or rather detriment. Wherfore they are convenient for no ſeaſon, age, or temperature.

Melons, and Pompions. All the kinds of Melons and Pompions are of a cold nature, with plenty of moiſture: they have alſo a certaine clenſing quality, by meanes wherof, they are medicinable to the reines; and that clenſiug quality is more in their ſeed, than in the pulp: for which cauſe the ſeeds are very profitable for them that are troubled with the ſtone, or ſtrangury. They are pleaſant to the taſte, but they give to the body little nouriſhment, and the ſame ſcarcely good, but rather

rather crude, and putrible. They also breed wind and gripings of the belly: and therefore those that are subject to the collick, and that have great spleens, must carefully eschew them. But the Muskmelons are of many esteemed a dainty delicate meat. Indeed they are much more pleasant to the pallat, than wholsome to the body, and therefore I advise such, as regard their health more than their pallats, that they be very parsimonious in the use of them, for they are not very easily concocted, but quickly corrupt in the stomack, especially in them, whose stomacks alreadie abound with ill humors, whereupon malignant fevers, and many other desperate accidents do oftentimes ensue. Moreover they are greatly offensive to such as are subject to the wind collick, for by a speciall property, they move and encrease that maladie. All the Melons and Pompions are only convenient for hot and strong bodies; but hurtfull to the aged, and to them that are of a phlegmatick and melancholick temperature, or otherwise subject to the wind collick. Muskmelons.

Cucuumers are of a very cold and moist temperature, even in the third degree, especially their moyst qualitie. They yeeld unto the bodie a cold, crude, and wateriſh nouriſhment: wherefore the use of them in manner of a sallet with pepper and vineger, notwithstanding that many desire thē with a wonderfull delight, it is to be rejected, except of them that have very hot stomacks; for to such the moderate use of them, by reason of their cooling and moystning quality, may bee sometimes very good and profitable: for they quench thirst, greatly Cucumers.

coole the burning heat of the ſtomack and liver, and repreſſe choler. The beſt way to prepare them for ſouce, being thinly cut, is to poure upon them a little vinegar and ſalt, and ſo toſſe them betweene two diſhes, then to caſt away all the vinegar and waterie ſubſtance, and to put unto them more vinegar with oyle and pepper: for ſo they become a more wholſome ſauce or ſallet; yet not commendable for the aged, or any that have cold and weak ſtomacks. Thoſe Cucumbers muſt be choſen, which are greene, and not yet ripe; for when they be ripe and yellow, they are fulſome and unfit to be eaten. The greene and unripe Cucumers preſerved in a pickle of vinegar, ſalt, and fenell, are much better than thoſe that are eaten greene and unpickled: for they are of farre better taſte, and not of ſo crude and wateriſh ſubſtance. They excite the appetite, and are a very profitable ſawce in the winter ſeaſon. Cucumers are onely convenient for hot and cholerick bodies, and moſt hurtfull to the phlegmatick, and them that have cold and moiſt ſtomacks. The ſeedes are alſo very medicinable, as thoſe of the Melons: they are cold and alſo moiſt, but nothing ſo much as the fruit: they have an opening, clenſing, and diuretick faculty. Wherefore the emulſion of theſe ſeedes, that is, the milky ſubſtance of them, as alſo of thoſe of the Melon, extracted with ſome convenient liquor, as we doe from Almonds, is of ſingular efficacie againſt ſickneſſes proceeding of heat, eſpecially for the breſt, lungs, and reines that are inflamed, for the ſtrangury, ſharpneſſe of urine, and exulceration of the bladder.

Pickled Cucumers.

Gourds

Gourds are cold and moist in the second degree; they are never eaten raw, because that then they greatly offend the stomack, but sodden, or baked; and that way neither, but of the poorer sort of people: for they are of a waterish and insiped substance, and doe breed in the body naughty, cold, crude, and flatulent humours: and therefore they greatly hurt cold and phlegmatick bodies, and such as are subject to the collick and iliack passions. They are onely convenient for them that are of an hot and cholerick temperature: for they quench thirst, and coole the immoderate heat of the stomack and liver. The seedes of this fruit provok urine, and alay the sharpnesse of it: and therefore they may very profitably bee used with the former seedes in obstructions, and distemperatures of the reines and bladder. Gourds.

The greene and unripe Beanes are cold and moist in the first degree: they yeeld to the body a crude, grosse, and excrementall nourishment, and fill the stomack and belly with wind, and make them pursie, that do often or immoderately eat them: they cause drowsinesse, and troublesome dreames, and dull the senses, both inward and outward, especially the sight, by filling the braine with grosse melancholick fumes. The windy and ill qualitie of them is much removed, if they be sodden with Orgaine and Parsely, and afterwards eaten, buttered, and seasoned with Salt and store of Pepper: for Pepper is a speciall correctory for all grosse and windy meats. They are best agreeable for them that have hot and strong stomacks, and most hurtfull to the phlegma- Beanes.

tick, and such as are troubled with the collick. Beanes that are almost or fully ripe, are both by reason of the hardnesse of their skinnes, as also of the grossenesse of their substance, by much, of harder concoction, and worse nourishment, and the dry ones are worst of all. They are meat only for ploughmen, and such as are accustomed to an hard and course kind of food.

Peaſe. Peaſe are in their substance much like unto Beanes, and eaten after the same manner; but they are farre wholsomer than Beanes; for they are lesse windy, and by much, of purer juyce, not breeding so grosse and excrementall humors. There are three sorts of Peaſe common with us: the white-Peaſe, the gray-Peaſe, and the green-Peaſe. The two first are usually eaten greene before they be ripe, being first boyled, then buttered, salted, and peppered: they are very delightsome to the pallat, easily digested, and yeeld a good nourishment to the body. Wherfore they are even at the richest tables, not unworthily ranked with the best and choisest meats. They are convenient for all bodies, except for the phlegmatick, and such as abound with crudities, or are much molested with the wind; but they are most apptopriate for the cholerick, and such as are in their youthly and constant age. The dry Peaſe, as they consist of an harder substance, so they are of harder concoction, and of dryer and much worse nourishment; notwithstanding they are a meat somewhat pleasant to the taste, and convenient enough for them that have strong stomacks. There is wont to be made of the white Peaſe boyled, a kind of

of pottage, and also of the greene; but that is not so good, which we call Pease-pottage; this kind of meat is most used in Lent, and in the winter season upon fasting dayes. That which is made with the huskes or skins remaining in it, is not good, but for rusticks, unto whose stomacks the grosseſt and hardest kinds of meat are best agreeable. But if the Pease be strained after that they be boyled, and so the husks which are of harder concoction, and hurtfull to the stomack, kept back, and then seasoned with salt and pepper, and a little butter also added thereunto, it is a meat of meetly good nourishment, and the more commendable, because it maketh the belly solluble, and deoppilateth or unstoppeth the veines.

Artichocks. Artichocks are hot and dry in the height of the first degree, if not in the beginning of the second, and full of cholerick juyce. The best are those that are young, and tender: for when their flowers be out, they are lesse pleasant in taste, of harder concoction, and of an ill and melancholick juyce, especially when their flowers begin to shead. They are unwholsome to be eaten raw, though some do accustome so to eat them, being very young, with pepper and salt, because they offend the stomack, hinder the concoction, and breed ill juyce. But being boyled, and eaten with butter, pepper, and a little vineger, they are accounted a dainty dish, and restorative, being very pleasant to the taste, acceptable to the stomack, and powerfull for the exciting of Venus. But they are somwhat windy, and oftentimes offensive to the head, especially of such as are of

a cholerick temperature: wherefore it is not good for such to eat too liberally of them. They are best agreeable to them that are of a cold temperature; but hurtfull to none, so the use be moderate.

Artichocks of *Ierusalem*

Artichocks of *Ierusalem* is a root usually eaten with butter, vinegar, and pepper, by it selfe, or together with other meats: It is in nature somewhat answerable to the former, but not so pleasant in taste, nor of so commendable nourishment. It breedeth melancholy, and is somewhat nauseous or fulsome to the stomack, and therefore very hurtfull to the melancholick, and them that have weake stomacks.

Coleworts or Cabbage Cole.

Coleworts or Cole are much used to bee eaten, especially the Cabbage-Cole: there is in the juyce of Cole a certaine nitrous or salt quality, whereby it mightily clenseth; but the whole substance or body of Coleworts or Cabbage is of a binding and drying faculty, because it leaveth in the decoction, the salt quality, which lieth in the juyce and watery part thereof. Cole or Cabbage is of hard concoction, and hurtfull to the mouth of the stomack: it breedeth a grosse and melancholick bloud, increaseth wind, hurteth the sight, and causeth troublesome dreames, by sending up black vapors to the braine. But if it be boyled a while, and that water cast away, and afterwards boyled in the broth of fat flesh, it becommeth more acceptable to the stomack, and far lesse hurtfull to the body. The top-leaves and heads of Cole that are but a little closed, which we commonly call Puffe-cole, are the best and wholsomest: for by reason that they are by the heat of the Sunne better concocted, they are

are of tenderer ſubſtance, of eaſier concoction, of pleaſanter taſte, and of better nouriſhment. But the great, hard, and compacted heads of Cole, commonly called Cabbage, which are moſt deſired of the common ſort of people, are by reaſon of much indigeſted matter in them, of hardeſt concoction, and of worſt nouriſhment. They are onely convenient for ſuch as have ſtrong ſtomacks, and that uſe great labour: for unto robuſtious and ruſtick people nothing is hurtfull that filleth the belly. Cole or Cabbage is beſt to be eaten in the cold ſeaſons of the yeere; but the young leaves or buds of Cole are alſo in the ſpring time commendable. The uſe of Cole or Cabbage is not convenient for them that are aged, that lead a ſtudious kind of life, that have weak ſtomacks, that are of a melancholick temperature, or troubled with wind. Cole-florie for pleaſantnes of taſte, eaſineſſe of concoction, and wholſomneſſe of juyce, exceedeth all the other kinds of Coleworts. Cole-florie.

Carrots and Parſenips.

Carrots are moderately hot, and ſomething moyſt: Parſeneps temperately hot, and more dry than moyſt: they are uſed to be eaten firſt ſodden, then buttered, &c. and the Carrots are oftentimes eaten with fleſh. They are pleaſant to the taſte, and ſomewhat of hard concoction, eſpecially the Parſenep. Parſeneps give to the body much good and ſubſtantiall nouriſhment; but the nouriſhment which commeth of the Carrot, is not much, and the ſame not ſo thick and ſubſtantiall: they neither bind nor looſe the belly, for they are of an indifferent diſtribution; but the Carrot is ſomewhat more eaſily diſtri-

distributed, than the Parsenep: they are both somewhat windie and also venerious, especially the Parsenep. Their flatulent quality, and slownesse of concoction is somewhat removed, if they be well and exquisitely boyled, and afterwards dressed with butter, vineger, and pepper. They are convenient for every age and constitution; except for the phlegmatick, and them that are entred within the limits of old age, or are much subject to the wind-collick, or obstructions of the stomack and mesaraick veines; and to such the Parsenep is more disagreeing than the Carrot.

Radish. Radish is rather a sauce than a nourishment, and that nourishment which it yeeldeth is little and naught: looke for it in the Section of sauces. And here I adde, that if it be good for any, it is for them that are subject to the stone, for it provoketh urine, clenseth the reines from gravell, &c. It hath a specificall power to cut and resolve grosse and muscilaginous humors, and to passe them by urine without stopping in the reines. But for this there must be care had of the choise, for those Radishes are only wholsome to be eaten, which in substance are cleare and tender, and in taste tart, for they are of easiest concoction, and penetrate most.

Turneps, and Navewes. Turneps and Navewes are judged to be all one in temperature and vertues: but of the two, the Turnep is of moister substance. Being well dressed, they are pleasant to the taste, acceptable to the stomack, easily concocted, and engender meetly good nourishment, somewhat phlegmatick; but very flatulent. The often and much use of them is hurtfull

to

to the ſtomack, filleth and puffeth up the body with crude, pitt itous, and flatuous humors, which breedeth obſtructions in the veines and pores, and annoyeth the ſinewes. But the crude and windy quality of them is well corrected, if they be firſt a while boyled in water, and afterwards in the broth of fat fleſh, and then eaten with Pepper, &c. They are convenient for every age and temperature, except for them that are very phlegmatick or often vexed with the wind. Of the two I deeme the Turnep to be the wholſomer, becauſe it is of eaſier concoction, deſcendeth ſooner, maketh the body more ſoluble and is good againſt the ſtone.

Skirret-roots.

Skirret, or Skirwort-roots, are an excellent medicinable meat, they are uſually eaten boyled with Vineger, Salt, and a little Oyle, after the manner of a Sallad: they are alſo dreſſed after other faſhions, according to the skill of the Cook, and the deſire of the Eater. They are moderately hot, and ſomewhat moyſt: they delight the pallat, excite the appetite, and are eaſily concocted: they comfort the ſtomack, and give, though not much, yet commendable nouriſhment: they alſo provoke urine, open obſtructions, and are withall of a venerous windy faculty. They are good for every age and conſtitution.

Potatoes.

Potato-roots are of a temperate quality, and of ſtrong nouriſhing parts: the nutriment which they yeeld, is, though ſomewhat windy, very ſubſtantiall, good and reſtorative, ſurpaſſing the nouriſhment of all other roots or fruits. They are diverſly dreſſed and prepared, according to every mans taſte and liking: Some uſe to eat them, being roſted in the

embers, ſopped in wine, which way is ſpecially good: but in what manner ſoever they be dreſſed, they are very pleaſant to the taſte, and do wonderfully comfort, nouriſh, and ſtrengthen the body, and they are very wholſome and good for every age and conſtitution, eſpecially for them that be paſt their conſiſtent age.

Iringo roots. Iringo-roots are hot and dry in the ſecond degree, with a tenuity of ſubſtance: they ſtrengthen the ſtomack and liver, diſcuſſe wind, and are of excellent efficacy for all infirmities of the kidneyes, both clenſing and ſtrengthning them. The roots condited, or preſerved with Sugar, do exceedingly refreſh and comfort the body, and reſtore the naturall moyſture. They are very greatly availeable for old and aged people, and for ſuch as are weak by nature, refreſhing and reſtoring the one, and amending the defects of nature in the other. They excite and give an ability to venereall embracements.

Garlick. Garlick is hot and dry in the fourth degree: it yeeldeth to the body no nouriſhment at all, it engendereth a naughty and ſharp cholerick bloud: and therefore ſuch as are of hot complexion, muſt carefully abſtaine from it, eſpecially in hot ſeaſons. Yet it is good for them that are cold and moyſt by conſtitution, and that abound with phlegmatick, groſſe, and clammy humors: for it heateth the body exceedingly, helpeth the concoction, digeſteth and conſumeth crude and raw humors, diſſolveth wind, attenuateth and maketh thin, thick and groſſe humors, cutteth ſuch as are tough and clammy, digeſteth and conſumeth them. Alſo it killeth wormes,

provokes

provokes urine, excites *Venus*, opens obſtructions, helps the cough, and paines of the breaſt proceeding of cold, and likewiſe the wind-collick. It is alſo an enemy to all cold poyſons, and to the bitings of venemous beaſts, a remedy to ſuch as are conſtrained to take naughty corrupt drinks or meats, and a Preſervative againſt contagious and peſtilent aire, and therefore not unfitly termed, *The Country-mans Treacle.* But if it be often or immoderately eaten, it cauſeth head-ach, and hurtteth the ſight. Being moderately taken, it is convenient for the phlegmatick, and ſuch as are paſt their conſtant age, eſpecially in cold ſeaſons; but it is altogether hurtfull to young men, and to ſuch as are of hot conſtitution; and it is at all times and ſeaſons, hurtfull to women with child, and to them that give ſuck.

Onions are in their temperature and faculties much like unto Garlick, but not ſo extreme hot, they are alſo more delightſome to the pallat, and more acceptable to the ſtomack. They help the appetite, extenuate groſſe and viſcous humors, provoke urine, and remove lothſomneſſe of the ſtomack, and other hurts that come by meats or drinks of evill quality. Being eaten raw, they nouriſh not at all, and are very hurtfull to thoſe that are cholerick, and that are ſubject to the head-ach, but good for ſuch as are full of raw and phlegmatick humors. But if they be ſliced and macerated a while in water before they be eaten, their acrimonious and hurtfull quality is thereby ſomething diminiſhed, and they become more ſweet and pleaſant to the taſte, and Onions.

are a ſauce good, even for the cholerick, eſpecially if there be any ſuperfluity of moyſture in the ſtomack: for they notably ſtirre up appetite to meat, comfort the ſtomack, and cauſe good concoction. But being too often, or immoderately eaten raw, they engender ill and corruptible humors in the ſtomack, inflame the blood, cauſe drowſineſſe and the head-ach, hurt the ſight, confound the memory, diſturbe and dull the underſtanding. Being ſodden, eſpecially in the broth of good fleſh, and ſo eaten with convenient ſauce, as butter, vineger, and a little pepper, they depoſe all their hurt, and become ſomewhat nutritive, and are accommodate, not only for phlegmatick perſons, but alſo for all other, ſo the uſe be moderate. Wherefore being uſed in pottage, or otherwiſe boyled for ſauces, they are not hurtfull, but wholſome and comfortable to the ſtomack. Onions are hurtfull to hot temperatures, and to them that be young; but profitable to ſuch as are of a contrary temperament and age.

Scallions and Chibols.

Scallions and Chibols are much of the nature of Onions: they are delightſome to the pallat, and uſually eaten with vineger at the beginning of meales, for exciting the appetite, and comforting the ſtomack that is weak; they help the concoction, correct the evilneſſe of bad meats, and are of a notable cleanſing faculty. But the immoderate uſe of them is hurtfull, even as of Onions. Such as deſire to eat them in Sallads, I adviſe, eſpecially if they be of hot conſtitutions, that they take with them Lettuce, Sorrell, and Purſelane, that the heat of them may by the cold and moyſture of theſe be attempered.

red. They are not good for young bodies, nor the often or much use, for any that are of hot temperature: they are best agreeable for cold constitutions, and for such as undergoe great labour, and exercise of body.

Leekes are hot in the third degree, and dry in the second, and of an attenuating and obsterſive faculty, yet very unwholsome: for they engender a naughty melancholick blood, breed wind, and repleat the head with melancholick fumes, which hurt the sight, and cause troublesome and fearefull dreames: they are also, by reason of their acrimonie, very hurtfull to the stomack and sinewes, especially being eaten raw. Being boyled, they are lesse hurtfull, by reason that they loose much of their sharpnesse, and make the body a little soluble; and yet being so used, they yeeld to the body no good nourishment at all. They are not convenient for any age, season, or temperature, especially for the cholerick and melancholick; but are a meat onely allowable for rustick and robustious persons. Leekes.

Cives, or Chives, are of a mixt nature betweene the Onion and the Leeke, participating of them both, as may bee gathered, both by their smell and taste: they attenuate, or make thin, open, and provoke urine; yet engender hot and grose vapours, which are hurtfull to the eyes and braine. They work all the effects that Leekes do, but not altogether so hurtfully: wherefore they are lesse offensive, and more wholsome for the pot, than Leekes. Cives.

Lettuce.

Lettuce is cold and moist in the second degree: it is of easie concoction, of meetly good nourishment, & of a soluble facultie, especially if it be boiled. It hath this commendation, that of all hearbs, it breedeth least evill juyce, and that it is with least offence eaten raw. The nourishment that it yeeldeth, is not much in quantitie; but it notably cooleth a hot stomack, and helpeth it when it is troubled with choler: it quencheth thirst, preserveth the blood from distemperature, causeth sleepe, asswageth paine of the head, proceeding of heat, and is very profitable for Nurses that are of an hot and dry temperature: for whereas, through heat and drinesse, they grow barren and dry of milk, it increaseth milk, by tempering the heat and siccitie of their bodies. But in bodies that are naturally cold, it doth not encrease milk at all, but is rather an hindrance thereunto. This hearbe is much used in Sallads in the Summer-time, with vinegar and sugar, & that not unworthily, for it procureth appetite to meat, and tempereth the heat of the stomack and liver. Some use to eat Oyle also with it in their Sallads, which if it be a true Oyle Omphacine, is very good for such as are affected with overmuch astriction and drinesse of the stomack; but for the phlegmatick, and such as have moist and weak stomacks, it is not good, because it doth very greatly weaken and relax their stomacks. It was used in ancient times, to bee eaten only at the end of supper, for repressing the vapours that come of intemperate eating and drinking, and for procuring of sleep: *Moderata enim veterum erant prandia, cœnæ verò crapulæ*

Lettuces eaten with oyle in sallads, to what bodies onely convenient.

crapulæ & ingluviei dedicatæ. But in these daies it is commonly eaten at the beginning of meales: In my judgement, it may well bee eaten at both these times, to the health of the body: for being taken at the beginning of meale, it doth stirre up the appetite, which often times is dejected by overmuch heat; and eaten after, or at the end of our meales, it defendeth the head from superfluous and offensive vapours, by reason that it cooleth and inhibiteth the rising up of them from the stomack into the head. But the often and much use of Lettuce, doth weaken the stomack, and infrienge the naturall heat, dimme the sight, by incrassating the animall spirits, and hindereth procreation, *Semen, ejusque materiam, infrigidando, ac extinguendo,* and maketh the body lumpish. The use of Lettuce is very hurtfull to phlegmatick & melancholick bodies; but it becommeth lesse hurtfull unto them, if mints and tarragon be eaten with it, or if it be boyled & eaten with vinegar, &c. for mints and tarragon doe excellently correct the cold and crude moisture of the Lettuce, and corroborate the stomack; and being boyled, the coldnesse thereof is somewhat abated, it is more easily concocted, & yeeldeth to the body more, and better nourishment. But whether it bee eaten raw, or boiled, as the constitution of the body shall require, this is certaine, that there cannot bee found any simple medicinable meat, wherewith sleep may be procured, and the unquietnesse of the spirits, and heat of choler appeased, as with it. It is of all hearbs the best and wholsomest for hot seasons, for young men, and them that abound with choler,

The hurts that come to the body, by the too much use of Lettuce.

choler, and also for the Sanguine, and such as have hot stomacks. It cannot be spoken with how great efficacie, it doth, being eaten with vinegar, extinguish the burning heat of the stomack. But the aged, the phlegmatick, the melancholick, and all such as have weak stomacks, must be very parsimonious in the use of it.

Purselane. Purselane is cold in the third degree, and moist in the second: it is much used to bee eaten raw in sallads in the Summer-season: it cooleth an hot stamack, provoketh appetite, quencheth thirst, helpeth inflamations of the liver and kidneyes, and also of the head and eyes, by extinguishing the raging heat of choler, and allaying the distemperature of the bloud. In a word, being eaten with vinegar, it is of admirable force against the burning heat of the stomack, against cholerick vomitings, & inflamations of all the inward parts. But the often and too much use of it, weakneth the stomack, and hurteth the sight. It is also boyled and eaten with oyle, salt, and vinegar, in manner of a sallad, and then it is of easier concoction; but the nourishment that commeth of it, being eaten either raw, or boyled, is very little, cold, grosse, & moyst, which unto the phlegmatick, to the aged, and to such as have cold stomacks, is greatly hurtfull; but very greatly profitable to the cholerick, and also to the sanguine, and such as have hot stomacks, or any way subject to inflamations of the inward parts. If it be preserved in a pickle made of vinegar & salt, as is usually done for Sampier, it becommeth a very wholsome sauce for every season, age, and constitution: for so it rather

Purslane preserved in pickle, a very wholsome Sauce.

rather heateth than cooleth the ſtomack, and by reaſon of an abſterſive faculty, which by that means it acquireth, purgeth the ſtomack of groſſe and putrid humors.

Sea-Purſelane is moderately hot, and full of indigeſted moyſture: the leaves thereof are boyled, and preſerved in pickle, as Capers or Sampier are, and eaten in the ſame manner at tables: they excite the appetite, and are pleaſant to the taſte. Sea-Purſelane

Prick-madam is of a watery ſubſtance, and cold in the third degree: it is uſed for a pot-hearb, and alſo in ſallads in the ſummer-ſeaſon, in which it hath a pleaſant taſte: it is of ſingular force againſt the the heart-burne, and all inward inflammations. It is very wholſome for the cholerick, and ſuch as are young, and have hot ſtomacks; but not convenient for the phlegmatick, and them that be aged. Prick-madam.

Spinage, or Spinach, is cold in the firſt degree, and evidently moyſt almoſt in the ſecond: it is commonly uſed in broths or pottage, and in ſallads alſo, when it is young and tender. It is alſo boyled, and eaten, being prepared with butter, vineger, &c. but it ſoone weakneth the ſtomack, encreaſeth wind, and wateriſh humors, and yeeldeth to the body little or no nouriſhment at all: it maketh the belly ſoluble, moderately cooleth the lungs, repreſſeth choler, lenifieth the aſperity of the throat and wind-pipe, and is good for the breſt that is affected with immoderate heat. It is hurtfull for the phlegmatick, and ſuch as have cold ſtomacks: but convenient for the cholerick, and them that have hot ſtomacks. Spinage.

Blites, and Orach.

Blites, or Bleets, and Orach, are neere of one nature and faculty: the Bleet is cold and moyst in the second degree: Orach is cold in the first, and moyst in the second: they are reputed among the number of pot-hearbs, and are in some places eaten boyled, as other sallad-hearbs are: the only good property in them is this, that they make the belly somewhat soluble, for they are of themselves unsavory, of a crude and wateriſh substance, and therefore of little or no nouriſhment at all. They weaken and annoy the stomack, especially in such as are phlegmatick, they are only allowable for cholerick and dry bodies.

Beets.

There are three sorts of Beets, the white, the red, and the dark green: the last is not to be reputed among alimentary simples. The white Beet is a common Pot-hearb, it is cold in the first degree, and moyst in the second: the other kinds are somewhat dry, and all of them abſterſive, by reason that they have a certaine salt and nitrous quality joyned with them; but the white Beet least of all. The white and red Beets being eaten, boyled in the same manner as Lettuces are, do quickly descend, open the obstructions of the liver and spleene, and make the belly soluble. They yeeld to the body very little nouriſhment, and being much eaten, they are offensive to the stomack; but the red Beet is to be preferred before the other: The broths or pottage wherein they be boyled, are good for such as are wont to be costive, or subject to obstructions of the liver and spleene; but the leaves themselves eaten, are only convenient for such as have strong stomacks.

macks. The leaves of the great red Beet, or Roman Beet boyled, and eaten with butter, or oyle, vinegar, and pepper, is a moſt pleaſant and delicate ſallad, or meat. But what excellent and dainty meat might be made of the red and beautifull root, which is to be preferred before the leaves, aſwell in beauty, as in goodneſſe; I leave to ſuch as are expert in Cookery, aſſuring them that they may make therof many and divers diſhes, delightfull to the eye, pleaſant to the taſte, and wholſome to the body. The great red Roman Beet.

Mercurie is much uſed among other pot-hearbs: it is moderately hot and dry, and of an abſterſive faculty: it maketh the belly ſoluble, and evacuateth choler, phlegme, and wateriſh humors. It is very good to be uſed in broths, or pottage, for ſuch as are coſtive and ſubject to obſtructions. Mercurie.

Mallowes are alſo numbred among the pot-hearbs: the beſt and wholſomeſt of them is the curled Mallow, called of the vulgar ſort, French Mallowes, and next to them the common Mallow: they are little hot, and of a moyſt and ſlimie ſubſtance: they are not good to be eaten boyled, as Lettuce and ſome other hearbs are, becauſe they engender a groſſe and ſlimie juyce, which is very offenſive to the ſtomack, inducing lothſomneſſe, by weakning and relaxing the ſame; but being uſed in broths or pottage, they make the belly ſoluble, & are leſſe hurtfull to the ſtomack. They are profitable for ſuch as are wont to be coſtive, and affected with too much aſtriction of the ſtomack. They are for phyſick uſes of ſingular efficacy in all obſtructions and inflammations of the reines and bladder. Mallowes. Mallowes very hurtfull to the ſtomack.

Sorrell.

Sorrell is cold and dry in the ſecond degree, and becauſe it is ſowre, it cutteth and extenuateth tough and groſſe humors: it exciteth the appetite, quencheth thirſt, cooleth an hot ſtomack, mitigateth the inflammations of the liver, openeth the obſtructions thereof, and is very profitable in all hot and peſtilentiall fevers; for it ſtrongly repreſſeth choler, and marvellouſly preſerveth the humors from putrifaction. Wherefore in the time of peſtilence, or any evill conſtitution of the aire, to prevent infection, it is good oftentimes, eſpecially mornings faſting to chew the leaves of Sorrell, and ſuck downe the juyce. And this proveth that Green-ſauce is not only good to procure appetite, to coole an hot ſtomack, and to temper the heat of the liver, but alſo wholſome againſt contagion. The like may be ſaid of the juyce hereof, which maketh a very profitable and pleaſant ſauce for many meats, eſpecially in hot ſeaſons. A poſſet made of the juyce hereof with ſome midling Ale or Beere, is very good for ſuch as are troubled with any hot ague, or inward inflammation: for it exceedingly cooleth the body, and quencheth thirſt. A ſyrup made of the juyce hereof, is of excellent efficacy in all hot and peſtilentiall fevers, and a preſent remedy in all fluxes, eſpecially of blood. The leaves ſodden and eaten in manner of a ſpinnach tart, or otherwiſe, looſeneth the bell, and doth attemper and coole the bloud exceedingly. The young and tender leaves are good in ſallads with other hearbs, eſpecially with * Lettuce and Mints: the mixture of which three do make a very wholſome and delicate ſallad. Sorrell

* For the one doth correct the ficcity, the other the frigidity of the Sorrell.

is

is good in hot seasons for such as are young, for the cholerick, and the sanguine; but hurtfull to the melancholick.

Wood Sorrell or Sorrell *du bois*, is of the same nature that the common Sorrell is, yet more Cordiall and fortifying the heart: and therefore more fitting for use in malignant and pestilentiall fevers. VVood-Sorrell

Endive and Succory, because they are much like in operation, I joyne them together. Succory is compleatly cold in the first degree, and dry in the second. Endive is cold in the first degree, and whilst it is young, it is rather moyst than dry, and is much like to Lettuce in taste and efficacy. They are somewhat astringent to the stomack; but by reason that they be something bitter, they do also clense and open, especially the obstructions of the liver and gall: they represse choler, and are excellent, aswell in meat as medicine, for an hot stomack and liver. The young and tender leaves and stems, which are best for meat, because they are in taste more pleasant, and lesse offensive to a weak stomack, are eaten either raw in sallads with Mints and other like hearbs, which way they are wholsome for an hot stomack; or boyled and afterwards eaten with oyle and vineger in manner of a sallad, and so they are lesse offensive to a cold and weak stomack: for to be eaten raw, they are very hurtfull to them that have cold and weak stomacks, and that are subject to distillations. They are also very wholsome to be boyled in broths: but what way soever they be used, they temper the heat of the stomack and liver, clense the bloud, singularly open the obstructions Endive and Succory.

of the Liver, and ſtrengthen the ſame, eſpecially Succory: for among medicinable nouriſhments, there is none that doth ſo greatly delight the liver, and profit it being inflamed, and by reaſon of ſiccity obſtructed, as Succory doth. They are not good for the aged, but very profitable for ſuch as are young, for the cholerick, ſanguine, and them that have hot ſtomacks.

Dandelion. Dandelion is like in temperature and effect to Succory: it is good to bee uſed in pottage, or boyled whole in broths, or eaten in ſallads, and is effectuall for thoſe things, for which Succory is.

Borage and Bugloſſe. Borage or Bugloſſe are hot and moiſt in the firſt degree: they purifie the bloud, expell melancholy, and have a ſpeciall property of comforting and exhilerating the heart. Whereby it appeareth, that the cuſtome of putting or macerating them, eſpecially the flowers and freſheſt leaves, in wine, is very good, and chiefly to be frequented of Students, and ſuch as are ſubject to melancholy: they are alſo good in broths for ſuch as are weake, ſad and melancholick. The flowers are very good in ſallads, and the conſerve made of them doth performe all the aforeſaid things with greater force and efficacy. The leaves boyled and eaten in manner of a Spinnach tart, or otherwiſe, are very wholſome; for they engender good humours, and make the body ſoluble. They are good for every ſeaſon, age, and temperature. Lang de beuf is in all things of like operation with Borage and Bugloſſe.

Lang de beuf.

Burnet. Burnet is dry in the end of the ſecond degree, if not in the beginning of the third, and hot in the

firſt

first: it is very astringent, and therefore effectuall to stop the laske, and all fluxes of bloud, and to represse cholerick vomitings, being boyled in broths for the purpose or used any other way. It is also very effectuall, against the plague, and other affects of the heart, as swouning, and the trembling thereof, especially being macerated in wine, and the same drunken: for the leaves being put into wine, especially Claret, yeeld unto it not only an excellent relish in drinking, but also maketh it much more comfortable to the heart and spirits: it notably strengthneth the stomack, expelleth melancholy, & maketh the heart merry. Burnet is good for every age, season, and temperature, especially for the aged, and such as are subject to melancholy.

The excellent vertues of Burnet in VVine.

Cinquefoyle is dry in the second degree, and hot in the beginning of the first: it hath an astringent and consolidating faculty, and therefore very profitable to be used when there is need of binding, as in fluxes, &c. It is a very good pot-herbe for such as are too laxative, of what age or constitution soever they are of; but if there be no need of binding, it is not convenient for the aged, nor for such as are of a melancholick temperature.

Cinquefoyle.

Strawberry-leaves are in temperature and faculty much like unto Cinquefoyle; but rather cold in first degree.

Strawberry leaves.

Violets are temperately cold and moyst: they are good for all inflamations, especially of the lungs, for the horseneſſe of the brest, and asperity of the wind-pipe: they extinguish thirst, temper the sharpnesse of choler, mitigate the burning heat of fevers,

Violets.

feavers, and coole the inflamations of the liver, kidneyes, and bladder. The greene and freſheſt leaves of Violets boyled in broths or poſſets with other cooling hearbs, as the young and tender buds or leaves of Endive, Succory, Lettuce, &c. are very good to coole, moyſten, and make the body ſoluble, to avoyd choler, and to bring the parts inflamed to a good temperature. The flowers are to be preferred before the leaves: for by reaſon of their ſweet and pleaſant ſmell, they are alſo very comfortable to the ſpirits. Theſe and alſo the flowers of Borage, and of the Roſe, are with good authority uſed in ſallads; for they pleaſe a weak ſtomack, comfort the heart, temper and purifie the bloud, expell ſadneſſe, and are enemies to melancholy. Of Violet flowers with ſugar there is made a Conſerve, and alſo a Syrup, moſt effectuall for all the purpoſes aforeſaid. There is likewiſe made of Violets and Sugar, certaine Plates, called, Violet Tables, which are very pleaſant to the taſte, and comfortable to the heart and ſpirits.

The flowers of Violets, of Borage, and of the Roſe, are very wholſom in Sallads.

Roſes. All the ſorts of Roſes have in them divers and ſundry faculties, becauſe they do conſiſt of divers parts: for there are in them both earthy, watery, and aiery parts; which notwithſtanding are not in all Roſes after one ſort: for in one kind theſe excell, in another thoſe. As in the White, Damask, and Musk Roſes, moiſt, aiery, and ſpiritual parts are predominant, by reaſon whereof they are more forcible to make the belly ſoluble; but this their ſolutive faculty lyeth altogether in the juyce of them, and not in the diſtilled water. The juyce of the Damask

mask Rose doth move to stoole, more than of the White; but most effectually of the Musk Roses: yet the Damask Rose is for goodnesse, and pleasantnes of smell fittest for medicine, or meat, and therefore is more commonly used. In the Red Roses, earthy parts are predominant, and by reason that they are of a more earthy substance, they are also of a drying and binding quality, yet not without certaine moysture adjoyned while they bee fresh, which they loose when they bee dryed: and for this cause their juyce is of an abstersive and solutive faculty, and their infusion doth also make the body soluble, yet not so much as of the others aforesaid. The vinegar wherein the leaves of Red Roses have been steeped, doth not only excite the appetite, but also excellently refresh and comfort the stomack. But all the Roses have a predominant cold temperature in the first degree: being dryed and their moysture gone, they do bind and dry, but most of all the Red Rose, and likewise coole, but not so much as when they are fresh. The sweet and pleasant smell of Roses is very comfortable to all the senses, spirits, and principall parts of the body, and so is the distilled water of them, which doth also gently temper and coole the inward parts. The same being put into junketing dishes, sawces, and such like other things, giveth unto them a delectable and comfortable taste. The Syrup made of the infusion of Roses, called of the Apothecaries, Syrup of Roses laxative, is a most singular and gentle loosing medicine; for it projecteth not only those excrements which stick to the bowels, but also carrieth

Rose-vineger.

rieth downwards out of the ſtomack and meſarick veines, raw, phlegmatick and cholerick humors, and alſo allayeth the extremity of heat in agues and burning fevers. The uſe therof is profitable to make the belly looſe and ſoluble, and may be taken at all times, and of all ſorts of people both old and young, except of ſuch as have weak and moyſt ſtomacks; for by reaſon of the relaxing faculty thereof, it maketh the ſtomack more ſlack and weak.

Syrup of Roſes laxative, not good for ſuch as have vveak and moyſt ſtomacks.

Conſerve of Red Roſes.

The Conſerve of Red Roſes comforteth the heart and liver, ſtrengtheneth a weak ſtomack that is moiſt and raw, and ſtaieth all fluxes both in men and women: It is paſſing good to be uſed of Students, eſpecially at their going to bed, who for the moſt part have weak ſtomacks and ſubject unto Rheumes, Coughs, and Conſumptions: for it is of a notable abſterſive, conſolidative, and confortative faculty.

Roſes preſerved.

Roſes boyled in cleane water untill they be very tender, and afterwards with a competent quantity of Sugar preſerved, are ſo well for goodneſſe, as pleaſantneſſe of taſte, to be preferred before the crude or raw conſerve, eſpecially for ſuch as have very weak and feeble ſtomacks.

Sugar-Roſet.

The like may bee ſaid of Sugar-Roſet, which is very delightſome to the pallat, and comfortable to the ſtomack: it ſtrengthneth the heart, and removeth the trembling thereof, comforteth the braine, and is, by reaſon of its clenſing and conſolidating faculty, of ſingular efficacy in conſumptions of the lungs. The uſe of it is moſt profitable for them that have weak and crude ſtomacks, or are affected with ſuperfluous moyſture in the lungs, & ſubject to conſumptions.

Gillow-

Gillow-flowers, some are in colour white, some purple, and some yellow. As they are in beauty, and sweetnesse, so they are in vertue and wholsomnesse; but the yellow Gillow-flowers are of greatest efficacy. They are somewhat of an hot and dry temperature: they notably comfort the heart, delight the braine, and senses, and revive the spirits. They may be preserved in Sugar in the same manner as we do Roses, and so they are good against pestilentiall infections, the palsey, cramp, and such like infirmities of the braine and sinewes. The same flowers infused in vineger, and set in the Sunne for certaine dayes, as we do for making of Rose-vineger, do make a very pleasant and comfortable vineger, good to be used in time of contagious sicknesses, and very profitable at all times for such as have feeble spirits, and that are subject unto swounings, as well smelled unto, as eaten as a sauce with meats. The conserve or syrupe made of the Carnation Clove Gillow-flower is exceeding Cordiall, being eaten now and then: and so is the vineger wherein the flowers have beene infused, to be used as a sauce with meats. Gillow-flowers.

The flowers of Marigold are temperately hot, and somewhat dry withall: they strengthen and comfort the heart, and expell any noysome infection: wherefore the use of them in pottage or broths is very commendable. They are of no lesse force, being dryed, and so kept all the winter for the same purpose. They are very wholsome for every season, age and temperature, saving for the cholerick, and sanguine, that are much subject to inflammations. Marigold.

The leaves of Marigold are in no respect like to the flowers in vertue and operation: the only property that they have, is to mollifie the belly, and procure solubleness, being used as a pot-hearb.

Asparagus. Asparagus or Sperage is hot in the beginning of the first degree, and temperately moyst: the first and tender sprouts thereof boyled, and afterwards seasoned with oyle, vineger, salt and pepper, and eaten in manner of a sallad, are pleasant to the taste, acceptable to the stomack, easily concocted, and yeeld to the body a moyst and wholsome nourishment: they also gently loose the belly, open the obstructions of the liver and milt, cleanse the breast, excite *Venus*, and are good for obstructions of the kidneyes and bladder. They must not be eaten cold, for then they are nauseous to the stomack: and if the first water wherein they are boyled, be cast away, and they againe sodden in fresh, or rather in the broth of flesh, they do depose all their bitterness, and become more pleasant to the taste, and more comfortable to the stomack. They are good for every age and temperature, especially for old men, and such as are subject to obstructions.

Hop-buds. The buds or first sprouts of the Hop which come forth in the spring, are good while they be tender, to be boyled and eaten with oyle and vineger in manner of a sallad, as those of Asparagus are: they are hot and moist in the first degree, they are pleasant to the taste, of very pure and wholsome juyce: they do effectually open the obstructions of the bowels, especially of the liver, and by a certaine singular prerogative, mundifie and purge the bloud, both

both in opening and procuring of urine, and likewise in making the body soluble, avoyding thereby the superfluities of choler, and melancholy. Wherfore the use of them is in the spring-time most accommodate for every age and constitution, especially for the cholerick and melancholick.

Parsley is hot and dry in the second degree: it is among the pot-hearbs the chiefest, and in such frequent use, that no meat is thought to be well dressed without it, and no Table to be well set forth, if even the dishes themselves be not adorned therewith. In sauces is is very pleasant to the taste, and comfortable to the stomack: to broths it likewise giveth a pleasant and delightsome relish: it exciteth the appetite, discusseth wind, mundifieth the stomack, provoketh urine, openeth all obstructions of the inward parts, especially of the liver, reines, and matrice. The roots have likewise an opening, and dissolving faculty: wherefore the use of them in broths is very wholsome and good; for besides their medicinable quality, they make the broth delightfull to the taste, and very agreeable to the stomack. Parsley eaten raw, is not altogether of laudable nourishment; for it breedeth a cholerick bloud, and is hardly digested: wherefore it is good to eat it but in small quantity; and that together with Lettuce, and such other-like cooling hearbs. And therfore that which is written by some, that Parsley is hurtfull to the head, must be understood of raw Parsley, and that also eaten in too large a quantity. But being boyled, and so any way used, it is of better taste, of easier concoction, and of farre more

Parsley.

Parsely roots.

laudable nouriſhment. Raw Parſley is hurtfull to the cholerick; but being boyled, it is wholſome and convenient for every age, ſeaſon, and temperature. Women with child may not be bold in the uſe of Parſley; for by reaſon of its opening and relaxing faculty, it may prove dangerous unto them.

Alexanders. Alexanders are of an attenuating, and abſtergent faculty, more hot and biting in taſte than Parſley: they diſcuſſe wind, open the obſtructions of the liver and milt, and provoke urine more effectually than Parſley doth. The young leaves and little tender ſtems boyled, and eaten, ſeaſoned with vinegar, in the beginning of the ſpring, are pleaſant to the taſte, acceptable to the ſtomack, and of wholſome nouriſhment. The ſame being alſo preſerved in a pickle of vinegar and ſalt, are a very wholſome ſauce with meates, exciting the appetite, clenſing and comforting the ſtomack, and removing oppilations. They are convenient for every age and conſtitution, eſpecially for the phlegmatick, and all ſuch as are ſubject to obſtructions.

Penyroyall, or Organie. Penyroyall, or Organie, is hot and dry in the third degree, and of an excellent extenuating, diſſolving, mundifying, and corroborating faculty: It is very good for ſuch as have ſqueamiſh and watery ſtomacks; for it notably ſtrengthneth the ſame, helpeth the concoction, and aſſwageth the paines both of the ſtomack, and alſo of the belly, proceeding of crude and flatulent humours: It alſo provoketh urine, clenſeth the lungs, and mundifieth the breſt from groſſe and thick humors. In a word, it is of all pot-hearbs the beſt and wholſomeſt; for

it

, it is of such an excellent smell, and delectable savour, that it maketh every thing wherein, or wherewith it is boyled, no lesse wholsome, than savory. It is good at all times, and for all sorts of people, especially in the Spring, Winter, and Autumne, and for the phlegmatick, melancholick, and such as are aged.

Hyssop, is for smell and taste but little inferiour unto Organie: it is hot and dry in the third degree, and also of an excellent attenuating and mundifying faculty: it is comfortable to the head and stomack, and passing good for an old cough, and shortnesse of breath: for it notably purgeth and mundifieth the brest and lungs from grosse and phlegmatick humors. It is at all times, especially in the spring and winter, most expedient and profitable for the aged, the phlegmatick, and all such as abound with cold and rheumatick humors. Hyssop.

Time is a very aromaticall and comfortable hearb, hot and dry in the third degree, and of a discussing and mundifying faculty: it is very comfortable to a weak stomack, and of singular and excellent efficacy against the windinesse of it, the Collick, Iliack, and nephritick passions, the cough, shortnesse of breath, melancholy, and obstructions of the matrice. The hearb dryed and decocted, or made into powder, and so any way used, is of farre greater efficacy than when it is green, for all the purposes aforesaid. The use of Time is most appropriate for the phlegmatick, and the melancholick; and being timely and moderately used, convenient for every age and constitution. Time.

Savory

Savory. Savory is hot and dry in the third degree, of an attenuating, discussing, and mundifying faculty. It comforteth and strengthneth the stomack that is weak, and prone to vomit, helpeth the digestion, discusseth wind, comforteth the braine, quickneth the sight, clenseth the breast, and passages of urine. The hearb dryed and used, as I have said of Time, is of greater efficacy, than when it is green: in a word, it is altogether of like vertue with Time, especially good for all such as abound with cold and phlegmatick humors.

Mints. Mint is hot and dry in the beginning of the third degree, whereof are divers kinds, but two only appertaining to meat, and they also most fragrant in savour, that is, the red garden Mint, and the Speare-Mint, and of these two, the Speare-Mint is the more excellent, both for savour and vertue. The fragrant smell of them doth very greatly comfort the braine and spirits, stirre up the senses, especially the memory, and make the heart cheerefull. Wherefore I advise all such as lead a studious kind of life, to smell oftentimes unto them. They do marvellously corroborate a cooled and weak stomack, stay the hicket, and vomiting, and looseneſſe of the belly, dry up and consume crude and superfluous humors in the stomack, excite the appetite, and cause good digestion: in a word, they are of all hearbs, the wholsomest for the stomack, and to it most acceptable. They are passing good in sallads, for they give unto them a very pleasant, odoriferous, and comfortable relish; but they must be mingled with Lettuce, and other cooling hearbs: for

Mints very wholsome in sallads.

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otherwiſe, by reaſon of their heat, they will quickly offend an hot ſtomack and liver. They inhibit the curdling of milk in the ſtomack, and therefore it is good to macerate them a while in milk that is to bee drunken, for feare leſt that it ſhould curdle or waxe ſowre in the ſtomack. They notably ſtrengthen the ſeminall veſſels, incraſſate and make fruitfull the geniture, eſpeciall the red garden Mint: wherefore it is of ſpeciall and ſingular uſe in all ſeminall fluxes. They are alſo of ſingular uſe in the Stone and Strangury, being boyled in wine, or poſſets for the purpoſe, and alſo in broths: for beſides that they diſſolve and conſume the crudities of the ſtomack, and ſtrengthen the ſame, they alſo purge the reines, and urinall paſſages, of groſſe and ſlimy humors. The juyce of Mints, taken with the juyce of a ſowre Pomgranat, or with ſome other competent thing for the purpoſe, effectually ſtayeth vomiting, and ſcowring in the cholerick paſſion, and alſo the effuſion of blood, from the inward parts. Mints boyled in Whit-wine with a little vinegar added thereto, and the mouth waſhed therewith, helpeth the ill ſavour of the mouth, and putrifaction of the gumes. The dry powder of Mints, taken with warme milk, is a very good medicine for Wormes in Children, or old folks. The powder of Mints, is alſo of ſingular efficacy againſt crudity, and rawneſſe of the ſtomack, and effectuall alſo for moſt of the purpoſes aforeſaid. The often uſe of Mints is hurtfull to hot and dry bodies: but very profitable to the aged, phlegmatick, and memancholick.

Bawme, and Basill.

As Mints are appropriate to the stomack: so Bawme and Basill are to the heart. Bawme is hot and dry in the second degree, and Basill is likewise hot in the second degree; but hath a superfluous moysture adjoyned with it. They are singular good (especially Bawme) for the heart and infirmities thereof: for they strengthen the vitall spirits, expell all melancholy and sadnesse, and make the heart merry. Bawme is also good for a moyst and cold stomack, to help the concoction, stay vomiting, and to open the obstructions of the braine. It is an hearb greatly to be esteemed of Students, for by a speciall property, it driveth away heavinesse of mind, sharpneth the understanding, and encreaseth memory. Wherefore it is good to be used in broths, or eaten by it selfe in manner of a sallad, with oyle and vineger, and sometimes also with Lettuce, Purselane, and other hearbs. Basill, I deeme to be rather fit for medicine, than for meat, because it is of ill juyce, of hard concoction, offensive to the stomack, filling both it and the belly with wind: and being much eaten, it is also very hurtfull to the sight. But yet it is worthy to be esteemed for the sweet savour thereof, which is very comfortable to the heart, and good also for the head, so the braine be not weak: for it causeth head-ach in such as have weak braines, by reason of the strong savour which it hath, especially being often smelled unto. Bawme is good in sallads and broths, for every age and constitution, especially for the phlegmatick and melancholick; but Basill not convenient for any.

Majoram

Majoram is hot and dry in the beginning of the third degree: it is of thin parts, and of a digesting faculty: this hearb is passing good in broths or sallads. for it comforteth the stomack, and helpeth the concoction thereof, corroborateth the liver, and is good for the obstructions of it: it also comforteth the heart, but especially the braine, quickneth the sight, and is of marvellous efficacy against all cold infirmities of the head. Moreover it provoketh urine, and discusseth wind with much efficacy. The hearb dryed, and made into powder, and any way taken, doth notably comfort a cold and windy stomack, help the digestion, strengthen the braine, prevent convulsions, and all infirmities of the sinewes and braine, proceeding of a cold and moyst cause. In a word, it is an hearb worthy to be much esteemed of all persons, even for the pleasant smell of it, which to the heart and head is very comfortable. The use of Marjoram is not good for hot and cholerick bodies; but for the phlegmatick, and such as have cold stomacks, and over-moyst and weak braines, it is marvellous good and convenient. Marjorame.

Betonie is hot and dry in the second degree: it hath a cutting and attenuating faculty: it taketh away obstructions of all the inward parts: in a word, the vertues of it are innumerable; but it is chiefly good for the braine and sinewes, and all infirmities proceeding from the imbecillity of them. The use of it in broths, or otherwise, is good for every age, season, and temperature, but chiefly for such as have weak and feeble braines. Betonie.

Sage. Sage is a moſt wholſome hearb, hot and dry in the beginning of the third degree, and of an aſtrictive faculty. It helpeth the concoction, and diſcuſſeth wind, ſingularly comforteth the head and braine, quickneth all the ſenſes, eſpecially the memory, and ſtrengthneth the ſinewes. Wherefore the uſe of it is exceeding good for ſuch as are ſubject to the palſie, or trembling of the hands, and all other affects of the ſinewes and braine, upon a moyſt cauſe. It may be eaten in ſallads, or any other way uſed; but in ſauces with meats of moyſt ſubſtance, it is of ſingular profit, for it exciteth the appetite, and correcteth the ſuperfluous moyſture of the meat. The often chewing of it in the mouth is very profitable to the ſinewes and teeth, for it ſtrengthneth the one, and preſerveth the other from putrefaction. The uſe of Sage is good for women with child, eſpecially ſuch as are ſubject to abortion. And out of it may be extracted, &c. for women that are barren, a remedy of excellent efficacy, to make them fruitfull and apt to conceive; but yet not convenient for all that are childleſſe. Sage, eſpecially the much and frequent uſe thereof, is hurtfull in hot and dry ſeaſons, and to leane and dry bodies; but very profitable to the phlegmatick, to the aged, and to ſuch as have over-moyſt and weak braines.

Roſemary. Roſemary, is in vertue and quality, much like unto Sage, for it is both hot and dry, and alſo aſtringent: the uſe thereof is very profitable: for it correcteth the ſuperfluous moyſture of meats, corroborateth and raiſeth up a cold and weak ſtomack, diſcuſſeth wind, ſweetneth the breath, comfor-

teth

teth the heart, braine, and ſinewes, quickneth the ſenſes, and memory, and ſtrengthneth the ſinewie parts. Wherefore it is good againſt the rheume, and all infirmities of the head, braine, and ſinewes, proceeding of a cold and moyſt cauſe. The Conſerve made of the flowers of Roſemary, and alſo of Sage, which I wiſh to bee often uſed of Students, eſpecially mornings faſting, and ſometimes after meale, doth greatly delight the braine, revive the ſpirits, quicken the ſenſes, comfort the heart, and maketh it merry. Roſemary is moſt accommodate for cold and moyſt ſeaſons, for the aged, phlegmatick, and rheumatick.

Coſtmary and Maudline.

Coſtmary and Maudline are hot and dry in the ſecond degree, they are good for a cold ſtomack and liver, and provoke urine: the ſmell of them is comfortable to the braine. Coſtmary is alſo called Ale-coaſt, and it doth well anſwer to the name: for if it bee ſteeped a while in Ale, or put into a veſſell, and Ale tunned thereunto, as is uſually done in the making of Sage-Ale, it maketh a pleaſant drink, and very comfortable to the ſtomack, braine, and ſinewes. They are good for the aged and phlegmatick; but hurtfull to ſuch as are young, and of an hot and cholerick temperature.

Tanſie.

Tanſie is hot and dry in the beginning of the third degree: it ſtrengthneth the ſinewes, and is very profitable to the ſtomack: for it concocteth and ſcowreth downwards crude and phlegmatick humours, which adhere and cleave thereunto. From hence

may be gathered, that Tanſies in the Spring-time, are very wholſome, and good for the ſtomack, for the clenſing away of phlegme, bred therein by the uſe of fiſh in the Lent-ſeaſon. And here many may ſee their error detected, that for the making of Tanſies, do confuſedly uſe, to give only unto them a delightfull green colour, beſide the juyce of Tanſie, the juyce of other hearbs, perhaps altogether unwholſome, or at leaſt-wiſe unfit for the purpoſe. But if any pleaſe to adde to the making of Tanſies, the juyce of Sorrell, they ſhall willingly have my aſſent, eſpecially if they make them for ſuch as are of a cholerick temperature. The ſeed of Tanſie is of ſingular force againſt wormes, for in what ſort ſoever it bee taken, it killeth and expelleth them. Tanſie is convenient for the phlegmatick, and the aged, but hurtfull to young and cholerick bodies.

Clarie. Clarie is hot and dry in the third degree: the only uſe thereof is for the imbecillity of the reines, and for ſtopping of ſeminall fluctions, for which it is very profitable, being boyled in broths, or any other way uſed.

Rocket and Tarragon. Rocket and Tarragon are neere of one nature and quality, hot and dry in the third degree; but Tarragon, in regard of the aromaticall and cardiacall ſavour of it, is to be preferred before Rocket. Among all hearbs of an acrimonious ſavour, and that are uſed in ſallads, they may have the prehemineence, eſpecially Tarragon, for by reaſon of its aromaticall and cardiacall quality, it is much more comfortable to the ſtomack, heart and head, than

Rocket

Rocket is. They cut and extenuate phlegme in the ſtomack, excite the appetite, and help the concoction. They are good in ſallads, but not alone, but joyned with Lettuce, Purſelane, and ſuch cold hearbs, for the qualifying of their acrimonious heat: otherwiſe being eaten alone, they diſtemper the liver, and cauſe head-ach. Wherfore the beſt way to make ſallads, is to mingle hot hearbs and cold togegether, except you will make them of purpoſe to coole or heat, as the nature of the ſtomack, and temperature of body ſhall require. Rocket and Tarragon are convenient for the aged and phlegmatick, not for the cholerick, and ſuch as are of hot temperature.

Towne-Creſſes, or as the vulgar ſort do pronounce, Town-karſſe, is more byting in taſte than Rocket or Tarragon, and therefore more hot and dry. It is eaten with other ſallad-hearbs; but what way ſoever it be uſed, it notably heateth a cold ſtomack and liver, cutteth and attenuateth groſſe humors, mundifieth the lungs, helpeth the Aſthmatick, openeth and ſtrengthneth the melt, and is wellneere as good, and as effectuall againſt the Scurvy, as Scurvy-graſſe. It may not be eaten in ſallads, but in ſmall quantity, and that with Lettuce, and other cold hearbs; for it will quickly offend the ſtomack, diſtemper the liver, inflame the bloud, and annoy the head. Water-Creſſe, or Karſſe, is altogether of like nature and faculty, as Town-Karſſe is, and is alſo very effectuall againſt the ſtone. They are good for the phlegmatick, aged, and ſuch as are ſubject to obſtructions.

Town Creſſes, or Town-Karſſe.

VVater-Karſſe.

Avens

Avens. Avens are hot in the end of the first degree, and dry in the end of the second, with a kind of scowring, or clensing quality: they are very wholsome in pottage or physicall broths, though they make them look black: for they clense away such things as adhere to the intrails, and are good against crudity or rawnesse of the stomack, windinesse of the belly or sides, stopping of the liver, and clottered bloud in any inward part of the body, especially being decocted in wine. The roots of Avens are in the Autumne and Winter very profitable in physicall broths, or other decoctions, for all the purposes aforesaid. They are good for every season, age, and temperature, saving only for the cholerick which are free from wind, and obstructions of the entrailes.

Filipendula. Filipendula, is hot and dry even in the third degree, of an opening and clensing quality, and yet with some little astriction adjoyned. Although this hearb bee in physicall uses chiefly profitable for the stone and strangury, yet I thought it meet, because it is common in gardens, not here to omit it. Wherfore such as are subject to the stone and strangury, may to their ease and comfort use the herb in their pottage, broths, or posset.

Chervill. Chervill is of a temperate heat, and moderate drynesse: it is an hearb exceeding good and wholsome, very pleasant to the taste, dilightsome to the stomack, and comfortable to the spirits and senses. It may be used in pottage, broths, and sallads, &c. In sallads with other hearbs it is most acceptable, by reason that it giveth unto them a very pleasant and delicate relish; but for sallads, the seedes while they

they are greene, or the round tufts or heads which containe the ſeed, do farre excell the leaves, which for pleaſantneſſe of taſte, ſweetneſſe of ſmell, and wholſomneſſe for every age and temperature, doe alſo excell all other ſallad-herbs. And to bee eaten by themſelves as a ſallad, with Oyle Omphacine, vinegar, and pepper, they exceed any other ſallad, for a cold and feeble ſtomack. The roots of Chervill boyled, and after dreſſed, as the cunning Cook beſt knoweth, or only eaten in manner of a ſallad with oyle and vinegar, are ſingularly good and wholſome for weak and aged people, and for ſuch as are dull and without courage: for they delight the ſtomack, rejoyce and comfort the heart, increaſe ſtrength, excite Venus, and depell old age.

Roots of Chervill exceeding vvholſome.

Wormwood is hot and dry in the end of the ſecond degree: it hath a clenſing faculty with ſome aſtriction adjoyned: it is marvellous profitable to a weak ſtomack that is troubled with choler; for it clenſeth it through its bitterneſſe, and by reaſon of the binding quality, it alſo ſtrengthneth and comforteth the ſtomack. Moreover it is good againſt windineſſe, and griping paines of the ſtomack and belly: it ſtrengtheneth the liver, and riddeth it of obſtructions, and the bloud of putrifaction, clenſing by urine, naughty, cholerick and ſuperfluous humors. It alſo helpeth the ſpleene when it is overcharged or filled with groſſe feculent bloud, by cauſing it to paſſe downward by the ſtoole, together with the excrements. Wherefore in regard of the great commodity that wormwood bringeth to the ſtomack and liver that are weak and oppreſ-

VVormvvood.

sed through the redundancy of choler or melancholy, I advise all those in whom those humours exceed their limits, to eat oftentimes the young and tender tops, or leaves of wormwood in sallads with other hearbs; but especially to drink mornings fasting, and sometimes also before meales, a draught of Wormwood Wine, or Beere, or in want of them, of white Wine, or steale Beere, wherein a few branches of Wormwood have for certaine houres been infused, and I assure them, that they shall find great commodity thereby: for it will cleanse the stomack, liver, gall, and spleen, discusse windinesse, cause them to have a good appetite to meat, to bee free from wormes, the laundies, and other diseases proceeding of choler. Hence it may appeare, that those, who being of a phlegmatick or moist temperature, doe for the weakenesse and windinesse of their stomacks, make often use of Wormwood Beere, or of the hearb infused therein, as aforesaid, are much deceived, except that choler or melancholy shall accidentally happen to abound in their stomacks, because Wormwood is first and chiefly good for the cholerick, next, for the melancholick, and is now and then also convenient for the sanguine constitution, because the sanguine constitution is very apt to grow colleriek; but for the phlegmatick it is nothing at all availeable, unlesse that choler or melancholy shall happen to offend their stomacks through obstructions of the gall or milt: and for such in regard of the weakenesse and windines of their stomacks, Wormwood-Wine, or the hearbe infused in wine, as aforesaid

The wholsomnes of VVormwood VVine or beere, and for vvhom it is most convenient.

ſaid, is far more convenient than any Abſinthiary Beere.

The ſeeds of Fennell are hot in the end of the ſecond degree, and dry in the beginning of the ſame: the greene branches are leſſe hot and dry. The ſweet Fennell doth ſo farre exceed the common in vertue and goodneſſe, as it doth in pleaſantneſſe of taſte: it comforteth a cold ſtomack, diſcuſſeth wind, provoketh urine, and hath a ſingular property of ſharpning the ſight. It is alſo very good to be uſed of Nurſes, for it increaſeth paſſing good and wholſom milk. The roots are alſo very good in broths or other decoctions for the ſame intents, eſpecially for the obſtructions and paines of the kidneys. But the ſeedes are of greateſt force for breaking of wind, for comforting the ſtomack, and aſſwaging the paines of it, for corroborating the braine, & preſerving the ſight, To conclude the branches, ſeeds, & roots of Fennel are very good for the head, the lungs, the liver, and the kidneys: for they both open, and corroborate thoſe parts. The young tender branches are very good in ſallads, and they are likewiſe, being preſerved in a pickle of vinegar and ſalt, very wholſome to be eaten as a ſauce with meat in the winter ſeaſon. The round tufts or heads of Fennell, which containe the ſeed, are exceeding wholſome to be eaten; but there are commonly bread in them little wormes of a greeniſh colour, which are very venomous to the braine and ſenſes: wherefore I adviſe that the ſaid tufts or heads bee opened, and the wormes carefully ſhaken off, and afterwards waſhed cleane and macerated a while

Fennell.

A Caution concerning the eating of the round tufs or heads of Fennell.

in cold water, and ſo eaten in manner of a ſallad, either by it ſelfe, or with other hearbs: they are of an excellent confortative nature, and doe notably diſcuſſe wind, and open the obſtructions of the liver, breſt, and braine. The green ſeeds, whileſt they be tender, and of a yellowiſh colour, are alſo paſſing pleaſant and wholſome to be eaten in manner of a ſallad, or otherwiſe, for all the purpoſes aforeſaid. Fennell is very wholſome and agreeable for every ſeaſon, age, and temperature, eſpecially for the flegmatick, and ſuch as are troubled with the wind.

Aniſe-ſeeds and Careway-ſeeds are anſwerable to Fennell-ſeeds in operation and vertues: they diſcuſſe winde, comfort the ſtomacke, and helpe the concoction. They are very wholſome to be eaten any manner of way, eſpecially for ſuch as have weake ſtomackes, and that are much ſubject unto winde. But in meates I preferre the Carewayes before either Aniſe or Fennell-ſeeds, becauſe they are more acceptable to the ſtomack, and more delightſome to the taſte.

Coriander ſeeds are of many people much uſed for the winde, but with very great error, I doubt not: for the hearb it ſelfe, which beareth the ſeed, is of a very noyſome and venemous quality, whereof the ſeed in ſome meaſure doth participate. For if it bee indiſcreetly uſed, and not well corrected of that filthy and malignant quality, which it receiveth from the hearb, it hurteth the ſight, and perverteth the underſtanding. The beſt way to prepare the

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seeds for correcting their hurtfull quality, and so to make them wholsome and fit both for meat and medicine, is to infuse them twenty foure houres at the least, in white-wine vineger, then to take them and dry them, and so to keep them for their use. Being thus prepared, they discusse wind, exsiccate crude humors, strengthen the mouth of the stomack, and represse the ascending of vapors to the head. They are very convenient for cold, phlegmatick, and rheumatick bodies.

Of the manner and custome of Diet.

Sect. IX.

Whether a precise and exquisite manner of Diet be best for the preservation of health.

ALthough it bee very certaine, that a precise and exquisite manner of Diet be of greatest moment, for the preservation of health, in such as are naturally infirme, and of a valetudinary state of body; yet wee see by daily experience, that such as are of an healthy and sound constitution, if they alwayes observe a precise and curious manner of living, do for the most part live lesse

healthily; and the reason is, because they wholly addicting themselves to a curious and accurate kind of Diet, do suddenly upon every light cause, and occasion of change, incurre and fall into divers diseases & distemperatures: wherfore a precise and exquisite custome of Diet is not convenient for any, but for weak and sickly bodies. But that you may know what manner of Diet is best for healthy men to observe, you must understand that there is a threefold Diet, Accurate or Precise, Vulgar or Common, and Subvulgar. An Accurate Diet is that, when a man taketh his meats in a certaine measure, order, and number, and at fixed times, and they also such as are agreeable to his nature and constitution of body, *nec latum unguem*, as the saying is, *ab ea regula discedit*. A vulgar Diet is opposite to the Accurate, it is plaine and rude, of no respect or consideration: for they which observe this kind of Diet, do make no choise of meats, no set or fixed time of eating: for sometimes they eat liquid meats, sometimes hard, sometimes grosse, sometimes fine, sometimes salt, sometimes fresh, sometimes temperate, sometimes intemperate, sometimes of evill juyce, and sometimes of good: sometimes they fill and glut themselves, sometimes they rise with an appetite, sometimes they eat twice, sometimes thrice, sometimes foure times, or oftner in a day. A Subvulgar Diet is as it were a meane between the Accurate and Vulgar: for it is not so rude and plaine, as the Vulgar, nor so precise and exact, as the Accurate: for they which observe this Diet, do commonly eat at set and appointed times, and that also with some

Three sorts of Diet.

some respect and choice had of the meats. From this distinction of Diet I answer, that a Subvulgar Diet is fittest for healthy men to observe: for they accustoming themselves to a meane and indifferent kind of Diet, do farre more safely, and with much lesse perill sustaine the variety and change of aire, meats, drinks, &c. which even by an inevitable necessity are incident unto us in this life, than they which observe a precise and Accurate Diet. Neither do they with such contrary meats, and perverse manner of living, over-charge and oppugne Nature, as those do that use a Vulgar Diet, which is only fit for agrestick bodies; for whom I write not these things.

Whether the Refectory, or place for taking of the meat and drink, be to be altered, according to the temperature of the season.

I Answer, that it is: for in the Summer, when the Aire is burning hot, a cold place, remote from the Sun, and that can be blown thorow with the wind, is to be chosen: and the reason is, because the ambient heat of the Aire weakneth the naturall heat of our bodies, even as the Sunne doth the fire by shining on it. But the circumstant cold Aire in hot seasons refresheth the naturall heat, and hindereth the breathing forth of it, by shutting up the pores, by meanes whereof the digestive faculty is much strengthned. Of the contrary, in the winter a roome moderately warme, and shut up from the winds, is best to take the repast in, and that *juxta focum luculentum*,

luculentum, when the weather is pinching cold, because the externall heat at such times doth not a little comfort and cheere up the internall heat of our bodies. But you must be wary that the roome be not bloomy hot: for that may soone occasion faintnesse and swouning, by weakning the naturall heat, and extracting the spirits.

Igne ut medicina utendum.

Wherefore take this Caveat by the way, which is, that you make use of fire, as of physick, so much as the necessity of expelling the cold, and cheering up the naturall heat shall require: otherwise it will waste the spirits, and exsiccate the body, by drying up the naturall moysture of it.

Whether it be good for the preservation of health, never to eat, without a certaine appetite and desire.

SEeing that there is nothing that doth so greatly obtund and weaken the native heat, and extirpate health, as a fastidious fulnesse of the stomack, and that nothing doth so soone cause the same, as when meats are taken without appetite and desire: I therefore advise all such as are in health, and that are desirous of the continuance of the same, that they eat not, unlesse the appetite be certaine, and the superiour intestines, empty of the meats formerly received: for it is most hurtfull to the body, to ingest nourishment upon nourishment not digested; for by such meanes the œconomy of the stomack is confounded, and the concoction, which is the root of life, consequently marred.

marred. It is a physicall axiome of perpetuall verity, that the imperfection or fault of a former concoction, cannot be amended in the next: wherfore if the stomack performe not his office, there can never of crude chyle be made good bloud in the liver, neither of impure bloud any good assimilation in the parts. And therefore intemperate men, which do not give time for the first concoction, do fill their bodies with vicious humours, and wax turgid and discoloured, destroying first (by their intemperancy) the force and faculties of the stomack, next, of the liver, and at length, of the whole body. Wherefore it shall nothing profit a man to use meats of good and wholsome juyce, except they be digested in the stomack: for even as ill humors are bred of these, as of contrary meats, if they obtaine not a good concoction in the stomack. To conclude therefore, seeing that a good concoction of the meats is a matter of so great moment for the preservation of health, I counsell all such as are truly respective of the same, that they oppresse not their stomacks with untimely or immoderate eating, and before all things, that they eschew and abhorre a fastidious saturity, as a thing most injurious to Nature, and pernicious to the health of the body.

Whether it be good to provoke with Sauces an appetite to meats, the stomack being well and naturally affected.

I Answer, that it is better to fast and expect that hunger may excite an appetite, than to irritate

the same with sauces: for to a man living wisely and soberly, salt with hunger, is the best and wholsomest sauce. But when hunger in gluttonous persons excite not the appetite, then the Cook is put to his shifts by strange mixtures of things to confect a sawce, which may repaire the pallate, please the throat, and excite the appetite. And from hence not simple diseases doe spring up, but inexplicable, and multiforme, exceeding oftentimes the Art of Physicians. For I would have them to know, that dolorous Gouts, gravedinie of the head, caliginousnesse of the eyes, tortures and dissolutions of the limmes, trembling of the hands, and many worse miseries than these, are not apt to be bred by parsimony, and a philosophicall dyet, but by an abundant plenitude, occasioned by luxurious excesse. Wherefore my counsell is, that meat expect an appetite, and that the stomack bee by no meanes untimely alliciated unto meat: for as I have said in the former question, it is the hurtfullest thing to the body, to ingest meat upon meat undigested. But if the stomack bee ill affected, as when it is by any distemperature, or debility dejected, I then averre, that it is lawfull, yea very expedient, to excite an appetite with convenient sauces, so as it be done with this caution, that the stomack bee not by them stirred up to the taking of more meat than it can well digest. And here I would have such also as are healthy, to know that I doe not so straitly restraine them from the use of sauces, neither that I am against sauces so morose (for although they allure us to inordinate & immoderate eating, yet the fault

Consilium salubre.

fault is rather to be attributed to our imprudency, and intemperancy, than to the ſawce) as that I do altogether deny them to ſuch as have ſound ſtomackes, and appetites naturally good, but affirme rather, that ſome ſimple ſawces (abandoning all ſtrange and diſordered mixtures) according as the temperature or ſtate of the ſtomack, nature of the meat, and time of yeere ſhall require, ſo that they be ſoberly, and not untimely or gluttonouſly uſed, may ſometimes be allowed, and that profitably, not onely to ſuch as have weake and feeble ſtomacks, but alſo to them that have both ſtomack and appetite healthfull and firme enough: for they cauſe the meates to be taken with greater delight, & ſuch as are eaten with delight, are commonly beſt concocted. Of which ſort are firſt, as moſt common, Vineger, Verjuyce, and Muſtard; next Orenges and Limons; and then Capers, and Sampier: for theſe two laſt, becauſe they have greater force to excite the appetite, than to nouriſh, are alſo ranked among the ſawces. And all theſe are not onely good for exciting the appetite, but oftentimes alſo very profitable for the ſtomack it ſelfe, and other parts: for Vineger attenuateth and cutteth groſſe humors in the ſtomack, and repreſſeth choler: Muſtard, by reaſon of the heating, extenuating, and reſolving faculty that it hath, is very good for a cold ſtomack and breſt, which commonly are ſtuft with crude and flegmatick humors: Verjuyce, and the juyce of Orenges and Lymons are exceeding profitable for an hot ſtomack and liver, and therefore very wholſome for hot and cholerick bodies. Ca-

pers are very beneficiall to the ſpleene: and Sampier to the kidneyes. At what time therefore it ſhall pleaſe any one, or that it ſhall ſeeme good to help his appetite, let him then, according as the condition and conſtitution of his body ſhall require, make choyce of one or another of the aforeſaid ſawces. As if the ſtomack ſhall bee affected with groſſe and tough humors, then Vineger is a good and profitable ſawce: If the ſtomack be ſtuft with cold, crude, and ſlimie humors, Muſtard: If the liver or ſtomack be of hot temperature, or diſpoſed to inflammations, Verjuyce, the iuyce of Lymons. Citrons, or ſowre Orenges: if the ſpleene be ſubject to obſtructions, Capers: If the kidneyes, Sampier, &c. But all ſtrange and confuſed ſawces, eſpecially ſuch as are not of a comfortable pleaſant ſharp reliſh, which are made to oblectate the pallate, abandon, as hurtfull to the body, and acceptable onely to lurching and devouring Bellygods. And here I cannot but againe admoniſh all ſuch as are ſtudious of their health, that they doe not by ſawces, or delicate and daintie meates, provoke their ſtomacks to exceſſe; for meat, by copious quantity, oppreſſing the ſtomack, doth greatly weaken the naturall heat, and ſubvert the digeſtive faculty; and therefore though it be of good juyce, becauſe it cannot be concocted, and evinced of Nature, filleth the body with crude and flatulent humors. Eat ye therefore without faciety, and uſe thoſe meats with great ſobriety, that beſides the ſatisfying of hunger, do induce appetite and delight.

Hovv to make choice of ſavvces agreeable for every ſtate and conſtitution of body.

A Caution concerning ſavvces and delicate meats.

From

From whence is it that some which are very hungry, and have good appetite, eat little; others, of the contrary having little appetite, eat much?

I Answer, that this proceedeth from the diversity of the stomack, which in some is cold and of small capacity; in others hot, and of larger capacity. In that it is cold, it desireth much, and more than it can concoct; but in that it is little, it is soone filled: and therefore a small quantity of meat sufficeth such. Of the contrary, the stomaek which is hot desireth little, for heat dejecteth the appetite; but in that it is great, and of large capacity, it receiveth much: and therefore such, when they come to their meale, though they seeme not hungry, yet eat plentifully.

The like may be sayd concerning drinking: for some, though they have naturally dry and thirsty stomacks, are yet satisfied with a little drink: for in that the stomack is dry it is very thirsty, and desireth much moysture; yet because it is of small capacity, being by meanes of its siccitie coarctated, it is filled with a little. *Siccitatis enim est membrum omne coarctare & minorare.* It is the contrary in them that have moyst stomacks: for such wanting siccity, which is the cause of thirst, desire not much drink; yet drink much, and are not loaden therewith, as those soone are that have dry stomacks, because the stomack being moyst, is the more apt to be distended, even like a mollified Bladder. And from hence it is that Danes, and other Northerne people drink much,

The reason why such as have dry and thirsty stomacks, though they desire much drink, yet are satisfied with a little: and of the contrary in them that have moist stomacks.

Northerne people vvhy greater drinkers, than Southerne.

much, by reason of the capacity of their stomacks, whereas Spaniards and such as inhabit other hot Regions, being very thirsty, by reason of the drowth of their stomacks; yet for the reason aforesaid, are filled and satisfied with a little.

Whether meats much desired, albeit not laudable, are to be preferred and eaten, before such as are better, being not desired.

I Answer, that the meats which are most desired, though lesse good, are to be preferred, & rather eaten: the reason is, because the meat which is desired, and taken with delectation, is more welcome to the stomack, more firmly detained, & consequently, better digested; whereas the meat that is not desired, nor taken with delectation, but rather against stomack, is, though it be of good and wholsome substance, seldome well digested. But this is not so generally to be received, as that every kind of meat desired, ought to be preferred before better meat not desired: for if the meat desired be of very ill nature, then it is rather to be eschewed. For example sake: if any of a sound and healthy body, shall more desire Beefe, Pork, or Mutton, than Capon, Veale, or other meats of like goodnesse; Beefe, Pork, or Mutton, are to be granted unto him. But if there be very much difference betweene the meat, which is desired, and a better that is not desired, that is, if the meat desired be of a very naughty and ill property, then it is not to be exhibited, because it may bring much hurt to the body, especially if in such case the

appetite

appetite bee often yeelded unto, and the body not ruſtickly ſtrong. Wherefore it muſt be regarged, whether the appetite be enormous, or too too irregular, as it is, when it deſireth meats very hurtfull, and to bee rather abhorred, than eaten: for then it is not to bee ſatisfied, except ſometimes in women with child, for feare of abortion. They therefore that live licentiouſly, and doe not onely ſatisfie their appetite, without any reſpect had of the meats or drinks that they deſire, but alſo do much delight in their diſſolute manner of living, and do deride others that obſerve better order, are here to be admoniſhed, that they ceaſe to take pleaſure in an evill cuſtome: for although they be luſty and ſtrong for the preſent, and can for a time well digeſt, ſuffer ſurfet, and beare immoderate diet, either by reaſon of their age, or by reaſon of a firm conſtitution, or by reaſon of cuſtom, & are not annoyed with any manifeſt malady; yet let them be ſure, that time wil haſten their puniſhment, and that a riotous youth breedeth a miſerable age, full of paines and loathſome maladies. But it ſeldome commeth to paſſe, that thoſe which lead a diſſolute and diſordered life, all the time of their youth, live untill they be old: for unleſſe they relinquiſh their evill manners, and change the courſe of their life, they are often times unawares afflicted with ſome violent diſeaſe, and ſo end their daies with miſerable torture, perhaps in the flower of their age, when they would moſt gladly live. Wherfore let all lewd and licentious perſons know, that it is far better for them to relinquiſh their evill manners, and change the courſe of their life,

An admonition for licentious livers.

while

while they bee young, and by sober and temperate living to preserve their health, than by surfet and all maner of disorder, to make their bodies weak, sickly, deformed, and odious both to God and man.

From whence is it, that the accustomed houre of eating being omitted, the appetite oftentimes becomes defective and lost? And how many Cautions ought to be had in the change of an ill accustomed diet?

THe reason of the first is, because the stomack being empty and hungry, drawes up from the intestines putrid vapours and superfluities, which for the time filling the stomack, abateth, and destroyeth the appetite. But because these superfluities do not only evil affect the stomack, but also greatly annoy the head and animall spirits, I do advise all such as are desirous of health, that at their usuall houre of eating, so they feele in themselves a perfect appetite and desire to meat, which they shall perceive by the emptinesse of the stomack, they take their repast, or at least eat a little, that the stomack may have something to work upon: otherwise those noysome vapours, and superfluities which the stomack collecteth from the inferiour parts, will, as I have said, not only offend the stomack it selfe, but also by flying up to the head, hurt the braine, and infect the spirits. To the second, I answer, that an ill accustomed diet is not to be changed but with foure cautions. The first is, that it bee not done rashly, or too suddenly, but with good advisement, and by little and little: for

for all ſudden mutations are to bee eſchewed as injurious unto nature. The ſecond is, that it be not done, but in time of perfect health, becauſe the ſtrengths and faculties of the body are then beſt able to undergo the change. The third is, that it be not done, but in time of leiſure and vacancie from great or ſerious buſineſſes that may diſtract the ſpirits. The fourth and laſt is, that it be not done in the declining or old age, but in the youthly or conſtant, which extendeth to the 50. yeere of our age, when the ſtrengths & powers of the body are conſtantly ſtrong. For if an old man, though but entred within the limits of old age, whoſe ſtrength begins more and more to decline, ſhall endevour to alter a long familiar courſe of life, though hurtfull: it is much to bee feared, leſt that in making a change of his cuſtome, a ſudden and unexpected change of his life likewiſe enſue. I knew a very learned Phyſician, and of an excellent habit of body, that a long time ſacrificing too much to his pallate and belly, acquired ſuch a turgid or ſtrowting out belly, and maſſive body, as at length was ſo troubleſome, and burthenſome unto him, that about the 54. yeere of his age, to reduce his body to a competent bigneſſe, he reſolved to adventure upon a change of his diet, *viz.* to eat leſſe, and to drink more ſparingly: which he did, and for ſome ſmall time proceeded, as hee thought, very ſucceſfully in his purpoſe. But what was the event? Within the compaſſe of a yeere *diem ultimum obiit.*

Whether may nouriſhments, by how much the ſweeter they are, by ſo much bee judged the wholſomer.

I Anſwer, that although Nature bee moſt delighted with ſuch meates as are ſweet, yet thoſe that are meanely ſweet, give the better nouriſhment, & are to be preferred. For ſuch as are extremely ſweet, bring a threefold hurt to the body. The firſt is fulſomneſſe: for by reaſon of their heat and groſſe moyſture, they ſoone cloy and weaken the ſtomack. The ſecond, a ſpeedy inflamation and converſion into yellow choler, whereunto all ſweet juyces are very apt. The third, obſtruction of the liver and milt: for theſe two bowels, eſpecially the liver, do vehemently deſire ſweet things, and from the ſtomack extract them together with their dregy ſuperfluities, before they are concocted, whereby the bloud becomes crude and ſubject to putrifaction and diſtemperature, and the liver to obſtruction, the groſſe ſubſtance wherein every ſweet ſavour is fixed, thereunto alſo concurring. All ſuch meats therefore as are immoderatly ſweet, are to bee eſchewed, becauſe they induce fulſomneſſe, and ſubvert the ſtomack, corrupt the bloud, and engender obſtructions. And thus much for them that out of a ſuperfine daintineſſe cannot live but by ſweet meates.

Meates immoderatly ſweet bring a threefold hurt to the body.

How

How many things ought such as are studious of their health, specially to respect, in electing meats convenient for their nature and constitution?

THree, the complection of the body, the quality of temperature of the meat, and the substance of it. The complection or temperature of the body, is either temperate, or intemperate: if it bee temperate, then meats of like temperate quality are convenient, for conservation of the temperature: If it be lapsed or distempered, then meats of a contrary quality, agreeable to the lapse, that it may be reduced to a temperature, are to bee assumed. If therefore the lapse be in heat, meats and drinks of cold quality agreeable to the lapse; if in cold, other in like manner of hot quality, are to bee used. The like also is to bee done in lapses of drought and moysture. And if the lapse shall be of divers qualities composed, a compound manner of reduction must also be observed. But in making this reduction, it is to be observed, that a cold constitution lapsed, requireth a stronger quality reducing it, than an hot, because it is more remote from the beginnings of life. The like respect also, in reducing a constitution lapsed, is to be had of the age. And heere it is also to be noted, that as some bodies are subject to obstructions, and some to immoderate fluctions: so are there also some meats that are of an attenuating and soluble faculty, which are good for the former; and some of an incrassating, and

an astringent, convenient for the later, so they be moderately, at times convenient assumed. But if any shall eat meats, that are not convenient for his constitution and state of body, by reason of a great desire that hee hath unto such, hee ought to take them with their correctories; as unto moyst and phlegmatick meats, to adde things of contrary quality and substance: for by this meanes they will bee made more agreeable to the body, and so taken with lesse offence. Thirdly, the substance of the meats ought to be considered: for some meats are grosse, and of hard substance, some thin, and of tender substance: these are convenient for a weak stomack, those for a strong: for meats that consist of thin parts, are in a strong stomack, by reason of the great heat of the same, soone corrupted, adusted, and converted into choler: as for grosse and hard meats, they do greatly oppresse a weak stomack, and infringe the naturall heat. Wherefore the meat, as touching the substance of it, ought to be correspondent to the concocting heat of the stomack: and therefore to such as have strong stomacks, meats of stong nourishment, and of slow digestion, are most agreable; but to them that have weak stomacks, that live at rest, and are subject to obstructions, meats of lighter substance, and of easier concoction, are more accommodate. Besides the complexion of the body, the temperature of the meat, and the substance of it, which are chiefly to bee respected in the election of meats; the age of the person, custome of dyet, and time of the yeere, ought not to be neglected, in which every one may easily direct himselfe. *Whether*

Whether the ordinary use of two meales in a day, bee best for the preservation of health?

I Answer, omitting the precise observation of the time, country, and custome, that the use of two competent meales in a day, *viz.* of Dinner and Supper, is generally best for them that are within the limits of 25. and 60. yeeres, leading a studious, or sedentary kind of life, if they desire to avoyd crudity, the originall of most diseases. But such as use much exercise, or are of an hot and cholerick temperature, may eat oftner, as three times in a day, and that more largely at each meale, for the restitution of the substantiall moysture, which by reason of exercise, and a strong naturall heat, is much exhausted. Wherefore I advise them, not to bee altogether fasting till dinner, but to break their fast, with a threefold caution: that they find their stomacks to be cleane & empty; that the break-fast be slender, & that of meats of light digestion; & that it be takē about foure houres before dinner. And here I may not omit to advertise all such as have plethorick and full bodies, especially living at rest, and which are of a phlegmatick temperature, that they not only eschew the use of break-fasts, but also oftentimes content themselves with one meale in a day: for by this meanes, nature being for a time disburthened, as it were, of meats, useth all her power, in digesting and expelling the reliques, whereby it commeth to passe, that the over-plus of bloud is abated, raw humors concocted, all manner

A threefold caution to be observed in the use of break-fasts.

The use sometimes of one meale in a day, for what bodies convenient.

of excrements expelled, and the whole body consequently, reduced to a sound and healthy mediocrity. Here it may be demanded of such, as for the health of their bodies, can oftentimes be contented with one meale a day, whether it were better to take it at supper, than at dinner? Whereunto I answer, that at supper, because in the night season, and in sleep, the spirits are more intense to concoction, being not withdrawn unto outward and animall actions; yet with this proviso, that they sup not late: for great and late suppers are very offensive to the whole body, especially to the head and eyes, by reason of the multitude of vapours, that ascend from the meats that have bin plentifully received. Wherefore they must, after Supper refrain from sleep, or lying down, three houres at the least, and be sometimes walking, sometimes standing, and sometimes sitting, that the meats may be the better digested, and passed from the stomack, the vapours in some measure consumed, the eyes, and the whole head consequently lesse annoyed. But if any shall erroneously accustome the use of one meale in a day, and shall then lurch and devour so much, or more, as may well serve for two competent refections, as some, that usually make but one meale in a day, are wont to do; I must tell them, that two moderate refections were far more commendable, and better for their health, than unreasonable feeding and glutting of themselves at once, whereby all the powers and faculties of the body are oppressed, the stomack weakned, crudites and obstructions occasioned.

VVhether in eating one meale a day, vvere it better to take it at supper, than at dinner?

Very hurtfull to go to bed within three houres after a full supper.

Here

Here alſo may thoſe demand, that uſually make two meales a day, what ſpace of time ought to intercede the refections? our uſuall time for dinner, in all places, is about eleven of the clock; and for ſupper in moſt places, about ſix, according to which rule, we commonly ſup about ſix houres after we have dined, allowing an houres ſpace for a meale. I do well approve of the diſtance betweene the meales, and alſo of the allowance of an houres ſpace for a meale: but if Students, that may command the time, and others alſo, that lead a generous kind of life, ſhall alter the time for refection; as to dine about ten, and to ſup about five, or ſix, according as their appetite, ſtrenths, and diſpoſition of body ſhall require, they ſhall have my better approbation, and that for three reaſons. The firſt is, becauſe it is not good to be ſo long faſting in the morning, except for moyſt and phlegmatick bodies, as aforeſaid: for the ſtomack being over-long empty, attracteth from the inteſtines, and other parts, naughty fumes, and putrid humors, which do not a little hurt both it and the head, eſpecially in ſuch as are of a cholerick temperature. The ſecond is, becauſe a larger time may be allowed, as ſhall be requiſite, for the concoction and diſtribution of the meats received at dinner: for we ought not to eat againe, if we will be diligent obſervers of our health, untill the meat eaten before, be firſt concocted, and well avoyded out of the ſtomack, and the appetite thereupon certaine, as it is formerly demonſtrated. The third reaſon is, that they, who being ſubject unto rheumes, having ſupped by ſix, which order for Students

dents

dents is very well obſerved in our Vniverſities, will be the freer from nocturnall diſeaſes and rheumes, unto which Students, and ſuch as live a delicious, eaſie, and ſitting kind of life, are moſt ſubject: and others that are free from rheumes, and nocturnall paſſions, having ſupped by ſeven, will afterwards be the better diſpoſed to reſt: for it is not requiſit, that they, eſpecially having dry braines, ſhould refraine lying downe to reſt, above an houre or two after ſupper, which is only convenient to prevent obſtructions. And this order of ſupping being obſerved, there will remaine a competent time, both for one and the other, before they goe to bed, as the ſpace of three or two houres, for the meats in ſome meaſure to concoct, and deſcend from the ſtomack: for there is nothing more hurtfull to ſuch as are ſubject to rheumes and obſtructions, than to ſleep, or lie down within two or three houres, even after an ordinary and frugall meale, becauſe the vapours that then ariſe from the meats, reſiding and concocting in the ſtomack, beſide the inhibiting of the diſtribution of them, are very offenſive to the head, being not by convenient watching, and moderate motion of the body, in ſome meaſure diſcuſſed. Thus much concerning the ordinary refections, for ſuch as are within the limits of 25. and 60. yeeres, whereof every one may make uſe and application agreeable to his ſtate of body, and courſe of life. Now concerning the refections of others, that are not within the aforeſaid limits of yeeres, a word or two briefly.

They therefore that are paſt their declining age,

age, and entred within the limit of old age, as those be, that are past 60. or 63 yeeres of age, may not precisely be tyed to any fixed times for their refections, but may eat three or foure times a day, or oftner, as their stomacks shall require, a little at a time, by reason of the imbecility of their digestive faculty. Neither may children by any meanes be tyed unto fixed meales, for they, by reason of their greater increase of body, continual motions, and dissipable substance through the pores, require much and often nourishment. And those also that are in their youthfull age, as from 14. to 25. being of hot and cholerick temperature, both because they have not attained unto the Acme, or full height of their growing, as also by reason of their strong naturall heat, require much nourishment, and are not alwayes to be limited to two or three meales in a day. But such as are in their youthfull age, having grosse bodyes, and a phlegmatick temperature, may never exceed three meales in a day, but rather oftentimes content themselves with two at the most, that by this meanes their moyst and crude humors may bee concocted and abated, and their bodyes kept within a laudable mediocrity. And here I advise all such as are solicitous of their health, to observe at their meales three things, which I adde as an Appendix to that which hath beene spoken.

Three things to be observed at meales.

The first is, that putting aside all businesses, and shaking off all serious cogitations, they take their repast quietly and merrily, and not eat, or come to their meat, *animo meditabundo*, with a troubled or

meditating minde: for that will pervert the concoction, and cause the meats to corrupt in the stomack, by reason of the retracting of the spirits to the head. The second is, that they give the meat due preparation for the stomack, which is the exact chewing of it in the mouth: for the well chewing of the meat, is a great furtherance to the well digesting of the same: and therefore they greatly erre, that eat over-greedily, and snatch up their meat hastily, because it is both hurtfull and indecent. The third is, that they reside not in the chaire of intemperance, that is, prolong not the time in eating and drinking superfluously, but only sit so long at meale, as that they may give unto Nature a competent refection: for the ingestion of too much meat, is burthensome and injurious to all the body. But if they shall at any time exceed in eating and drinking, they must make amends with a following parcity; as if the dinner shall be larger than ordinary, let the supper be the lesse, or none at all: for there is no man, albeit very carefull of his health, which doth not in this now and then transcend his limits.

Whether the eating of one or of divers sorts of meats at a meale, are alike profitable for the health of the body.

IT is a common received opinion, that the eating of divers sorts of meats at a meale, is for such as desire to live in health utterly hurtfull, and to be rejected: for by reason of the disparity of their nature and substance, they are seldome at once well

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concocted, and distributed. Moreover, variety and change of meats do greatly please the pallate, and are as it were a spur unto satiety. The strong and healthy bodies of agrestick men, which at their meales commonly use but one simple kind of food, do seeme to approve this assertion, and also the weak and valetudinary state of many others that use to feed on divers dishes at one time. Contrarywise, he that will consider and look into the divers constitution and fabrick of the parts of the body, shall find that variety is much more agreeable unto it, than singlenesse: for which cause doubtlesse, variety of meats as it is delightfull, so also naturally to be desired, and therefore more profitable. Wherfore he that in this case condemneth variety, seemeth also to reprove Nature; especially, because it putteth off a fastidious tenderneſse of the stomack, and exciteth the appetite, and is also beneficiall for costive bodies. Now from that which hath beene said, it is apparent, that the state of this controversie consisteth in this, that the use of one sort of meat at a meale, is in its nature more profitable, and more safe, in so much as concerneth the naturall actions of the stomack and liver; but in regard of the varietie of the parts and substance of the body, variety of meats is much more ageeable: and so on these grounds standeth the controversie to be decided. In so much as the reasons of both opinions seeme to bee of good force, there must be a meane and rule found out, that may direct when, and how the one, or the other, that is, one or divers sorts of meats at a time, may be in use, and ne-

Reasons that make for variety of meats at a meale.

ceſſary: for neither alwayes, neither to every one, neither of every ſort, ought variety, or ſingleneſſe of meats to bee exhibited. For the manifeſtation therefore and ſolution of this matter, it muſt be obſerved, that there are ſome kinds of meats that in nature and concoction differ little, and ſome much: Such as in nature and concoction differ little, may at one time be eaten of them that are in health, ſo they bee not immoderatly ingeſted: for too much meat, though it be of like nature, of eaſie concoction, and of good juyce, is offenſive to the ſtomack, and breedeth crudities, I ſay, of them that are in health; for to ſuch as are ſickly and infirme, ſundry meats at one time, though they differ little in nature and concoction, are oftentimes troubleſome and offenſive, becauſe their digeſtive faculty is weak, ſcarcely able to digeſt one ſimple kind of meat. Wherefore it cannot be granted, that meats, which in ſubſtance and qualities differ much, may at one time be aſſumed, eſpecially of them that have weak ſtomacks, without hurt, according to the firſt aſſertion. But if they ſhall bee neere of one ſubſtance, although of differing kind, nor much diſagreeing in qualities, there is no let, but that they may at once be concocted, becauſe the ſame heat, and ſame time only will ſuffice for the concoction of them. For the reaſon wherefore variety in meats is hurtfull, ariſeth from the great inequality of their ſubſtance, or from the contrariety of qualities, or from the facility of corruption of one, with the difficulty of concoction with another, not verely from variety. As put the Caſe: What doth prohibit, but that Veale, Mutton,

The reſolution of the controverſie.

Capon

Capon, &c. may be eaten at one time? Neither the inequality of their ſubſtance, nor contrariety of qualities, and therefore they are without any offence, with like labour concocted. The concluſion therefore may be, that it is better to eat only of one ſort of meat at a meale, than of ſundry ſorts, that in ſubſtance and qualities differ much; but if they ſhall be neere of a nature and quality, or not much differing, then variety is to be preferred for the reaſons before alleaged. Heere I may not by the way overpaſſe, without juſt reproofe, the eating of fleſh and fiſh at one and the ſame meale, without any reſpect: for the moſt part of fiſh and fleſh do in no wiſe accord, but are of a very diſcrepant natur, not able to be wel concocted together in the ſtomack, by reaſon whereof they daunt and overthrow the digeſtive heat, and fill the ſtomack with diſcordant humours, which oftentimes produce ſtrange and dolorous ſymptoms. Wherefore my counſell is to all ſuch as are ſtudious of their health, eſpecially to them that have weak ſtomacks, that they eſchew this evill cuſtome, and relinquiſh it to belly-gods, and them that have unbridled appetites, who rather chooſe for a momentary pleaſing of their pallats, to live fettered with Gouts, racked with Fevers, and tormented with Stones, than by moderate and diſcreet feeding, to acquire an happy, ſound, and healthfull ſtate of body. Now, to that which is urged againſt variety of meats, that it intiſeth to repletion, and ſatiety, convinceth not this aſſertion; for that is not the fault of Nature, which is well pleaſed with a meane, but of ignorance, and indiſcretion. Where-

The eating of fleſh and fiſh at one meale not wholſome for the body.

fore it was well said of *Plato*, that there is danger in variety, for no other cause, but for that wee easily yeeld to pleasure and sensuality. The offence therefore, if the matter bee rightly weighed, commeth not from the meat, but from our unbridled appetite. Neither is the example of agrestick people of any force: for the healthinesse and sound state of their bodies is not to bee attributed to their plaine and simple food, but to their great accustomed labour and exercise. Variety therefore of meats may offend with immoderation, never with temperancy. Wherefore to conclude, I advise all such as are respective of their health, especially that are of tender nature, and state of body, not to eat at one time meats greatly differing in nature and concoction; for every inequality of concoction, is a *præludium* of crudity, and corruption, which the liver cannot correct. Neither at any time sensually to oppresse and labesie the digestive faculty of the stomack, with too great variety of meats, although they differ not much in nature and concoction: for to feed upon more than foure dishes even at a geniall meale, is somewhat immodest and excessive.

VVhether bread ought to be taken with the meats in any sutable measure and proportion.

Here some may demand, whether bread, which is the very ground of our nourishment, be to be alwaies taken in any certaine measure or quantitie? Whereupon I briefly answer, that it is, in regard of the meats that are eaten with it, to be taken in a divers measure and proportion: for the bread that we eat, ought at least to be double to the flesh, so much and halfe so much as of egges, and threefold or more unto fish, especially of the moyster sort,

sort, that the superfluous moysture of it, may by the siccity of the bread, be attempered. They erre therefore that eat very little bread with their meats: for you shall finde them to have tumid bodyes, or at least, wateriſh and impure stomacks, by reason of windy crudities wherewith they abound.

Whether it be better to Sup more liberally, than to Dine?

IT hath bin a great question, whether the Supper should be greater than the Dinner; or contrariwise, the Dinner greater than the Supper? But this doubt with certaine cautions may easily be discussed; for neither the one, nor the other may without limitation, and distinction bee affirmed. Wherefore I answer, that it is more expedient for such as are healthy and strong, to eat more at Supper, than at Dinner, and that for two reasons. The first, because the coldnesse of the night, and sleep ensuing, do greatly help concoction, through theregression of the spirits and heat into the interiour parts. The second is, because the time from Supper to break-fast, or Dinner, is much longer than from Dinner to Supper: and therefore it is very meet that the Supper should in some congruent measure be greater than the Dinner, according as the time following, in both respects, is more fit and commodious for concoction. Great and weighty affaires either publick or private, and also serious meditations may be a third reason in time of such

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occasions, to eat more freely at Supper than at Dinner; because men after a full meale are commonly very unapt unto any labour or exercise, either of minde or body. And besides that, if they should eat much at Dinner, and afterwards by necessity of their place and calling, undergo any great or weighty businesse, they quickly subvert their state of body; and the reason is, because much meat doth first contract to the stomack the spirits, and almost the whole force of Nature, for the concocting of it, which serious meditations, or businesses of importance doe afterwards divert to the head: whereby it commeth to passe, that the spirits can neither sufficiently assist the braine in contemplation, nor the stomack in concoction; but the meats in the stomack, by reason of this distraction, being destitute of sufficient heat, become raw, and fill the body with grosse, putrid, and flatulent humours. And here I must advertise them, that they erre not in eating more liberally at Supper than at Dinner, as to fill themselves till their bellies strout, and that they can scarce breathe; for I minde not, nor in any case approve such a large Supper, but a frugall rather; yet such in which is eaten more than at Dinner, for the reasons before alleaged. But this (as I have said) is not so generally to be received, as that it may be expedient for every man to eat more liberally at Supper, than at Dinner: for it is not convenient for grosse and phlegmatick bodyes, for feare of a sudden suffocation in sleep, or at least, of troublesome and painfull sleep, which in them, by reason of the straitnesse of the passages, may through

For whom it is not convenient to sup more liberally, than to dine.

through much phlegme and a large Supper, often be occasioned. Neither for the same reason is it good for them to sup more liberally, that are very old, or subject to obstructions or nocturnall diseases: for in such the distribution of the nourishment is commonly difficill, which alwayes indicateth a slender Supper. Neither is it convenient for them to sup more liberally that are troubled with rheumes, or any infirmity of the head, except there be a dry distemperature of the braine; becaus a full Supper repleteth the head with vapours. Therefore to conclude this question, in making a larger Dinner or Supper, five things are remarkable: the concoction, the space betweene the meale, the businesses, the distribution, and the condition or state of the head. In respect of the concoction, of the space between the meales, and of businesses of great weight, it is better to sup more liberally than to dine, for the reasons before alleadged. But in respect of a difficill distribution, it is better to dine more liberally than to sup, becaus a more easie and better distribution of the nourishment into every part, is made by day, when the body is in motion, than by night when it is at rest. In like manner in all infirmities of the head, except there bee, as I have said, a dry distemperature of the braine, it it is better to dine more liberally, than to sup, becaus the head will be lesse annoyed with the vapours that ascend from the stomack. And here by the way I advise all such as are subject to distillations from the head, to forbeare liquid meats at Supper, and to sup for the most part on rosted meats, be-

Five things remarkable concerning the largenesse of the Dinner or Supper.

cauſe they are leſſe vaporous; but for ſuch as are wont, by reaſon of a dry braine, to paſſe the night without ſleep, or competent reſt, moyſt and ſorbile meats, becauſe they beſt refreſh the braine, and procure ſleep, are moſt profitable: and for the ſame reaſon, it is beſt for them to make a larger Supper, than Dinner, that the braine may more plentifully with vapours in the night ſeaſon be refreſhed.

Whether it be better to begin, and alſo to end the meale with meat, than with drinke?

THis is a queſtion worthy of conſideration, becauſe an orderly manner of eating and drinking at meales doth much concerne the ſtomack, and the good concoction of the meats. And for as much as it is not good for all men to begin and end their meales alike, I adviſe all ſuch as are reſpective of their health, to ſearch out and conſider throughly the nature and diſpoſition of their ſtomack; for there is in it humor, or ſiccity, which will demonſtrate in what manner it is beſt for them to begin and end their meales. Wherefore he that is ſtudious of his health, ought to conſider, whether his ſtomack be moyſt or dry, or of a meane betwixt both. If there be exceſſe of moyſture in the ſtomack, like as commonly is in them that be phlegmatick, then to begin the meale with drink, is very hurtfull, becauſe it weakneth the ſtomack and liver, dejecteth the appetite, breederh much wind and crudites: and it is alſo no leſſe hurtfull to end with drink, becauſe it ſubverteth the concoction,

and

and abundantly filleth the body with crude and flatulent humors. But if there be exceſſe of dryneſſe in the ſtomack, like as commonly is in ſuch as be cholerick, then it is good to begin the meale with drinke, that the preſent thirſt may be aſſwaged, the ſtomack moyſtned, and the appetite, which overmuch heat and dryneſſe doth deject, excited: and it is alſo no leſſe avayleable to end with drink, both becauſe that whatſoever of the meat ſhall remaine in the mouth of the ſtomack, may therewith be carried toward the bottome of the ſame, where the concoction is perfected; and alſo that thirſt, ſeeing that they are by nature very thirſty, may be prevented. If the ſtomack ſhall be neither too moyſt, nor too dry, but of an indifferent temperature, then I ſay, it is beſt to begin the meale with meat, but to end it with drink, to the end that no part of the meat may ſtick, or be at a ſtay about the mouth of the ſtomack, but may of it be carried into the ventricle, which is the very promptuary for the meats, and place of abſolute concoction. And here I muſt advertiſe them that ſhut up their meale with drink, that they do it with a moderate draught: for to end the meale with much drink, doth by everting the concoction, cauſe eructations, and beget much wind and crudities. But thoſe that are ſubject unto rheumes and diſtillations from the head, ought not in any wiſe, having not dry and thirſty ſtomacks, to ſhut up the meale with drink, and then alſo but with a very little quantity, becauſe it increaſeth rheumatick humors; for it is much better for them to take alwayes ſome ſtyptick

VVherevvith it is beſt for them that be rheumatick to finiſh and ſhut up their meals.

thing after meale (the which is likewise good, and far better than Beere, for hot and dry bodyes, that are rheumatick) that may inhibit the ascending of vapours, by closing up the mouth of the stomack, as are, Quince preserved, the juyce of a Pomegranat of a middle savour, which is neither too sowre, nor too sweet, and the conserve made of red Roses: the use of these upon meales is very profitable for all such as are subject unto rheumes; but the Pomgranat is most agreable to them that have hot, cholerick, and thirsty stomacks. And for such as have weak and windy stomacks, a digestive and carminative powder made with sweet Fennell seeds, Anise seeds, Careway seeds, Coriander seeds prepared, red Corall prepared, and Cinnamon, incorporated altogether, with the double or treble quantity of Rose-sugar, is very good to be taken after meales to the quantity of a small nutmegg. Now wheras it hath bin shewed, that it is expedient for some constitutions to begin their meales with drink, I must advertise the Reader, that he take it with some limitation, as that there be no broths or pottage at table: for if there be, they are to be preferred before drink, and alwayes taken in stead thereof, at the beginning of meale (except of them that are molested with rheumes, or affected with crudities of the stomack; for unto such, liquid and potulent all meats are not profitable) because they are acceptable to the stomack, and do as it were by reason of their liquidity, very fitly prepare the way for other meats.

But as concerning the use of broths or pottage

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in the beginning of the meales, I must advertise you that you take them into your stomack, so hot as you shall be able, because by their heat they will be very comfortable to the stomack; and not lukewarme as many negligently do: for then they weaken the stomack, and soone prove to be nauseous, though never so good.

A Caution concerning the taking of broth or pottage in the beginning of the meales.

And heere a grosse error of many offers it selfe to be taxed, which is the drinking of cold beere presently upon their taking of hot broths or pottage, a custome very absurd and most hurtfull: for it breedeth a discrasie in the stomack, destroyeth the naturall heat of the same, and causeth it to abound with crudities.

How many things ought those that are studious of their health, to observe in the use of drinking?

THe necessity and use of drink, is first to preserve naturall moysture: secondly, to make a good mixture, concoction, and distribution of meats: all which, that they may be effected without inconveniencies, three things must be regarded and observed in the use of drink. The first is, that it be taken moderatly at meales, and that not at two or three great draughts, but by sundry little draughts; for abundance of drink at meales, marreth the concoction, both by causing the meats to fluctuate in the stomack, and also by weakning and relaxing the same: whereupon crude and phlegmateick humours are abundantly increased, and consequently

To drink little and often at meales, it better than to drink much at once.

rhumes, fluxes, and many other inconveniencies to the body and members. And the drink must bee mixt with the meats, not by great, but by sundry little draughts: for great draughts do weaken the stomack, infringe the natuall heat, which then is in concoction, drive down the meat too hastily, and corrupt the whole body with over-much moysture and crudity. Wherefore my counsell to them is, that are respective of their health, that they drink at their meales often, and little at a time, and also that they swallow down the drink not hastily, but leisurely: for the drink being mixt with the meats, by divers little draughts leisurely taken, well tempereth them without annoyance, both for concoction, and also for distribution. For example sake: with us to whom Beere is more agreeable for an ordinarie drink, than Wine, let this bee a generall rule for taking of drink at meales. Let the first draught bee of ordinary Beere for thirst sake: the second also of Beere for mixture of meats: the third and fourth of Wine, or in want thereof, of stronger Beere, for the better mixture, concoction, and distribution of the meats; and if it be a geniall meale, or much larger than ordinary, another draught of Wine is also allowable. Afterwards upon meats taken againe, let there be assumed a draught of ordinarie Beere, and therewith, or a little meat superassumed, according to the nature of the stomack, as is demonstrated in the precedent question, let the meale bee concluded. But to this rule every one may not exactly betake himselfe; for of drinking at meales, no certaine prescript can be constituted,

A generall rule for drinking at meales.

because

because the drink is to be increased, and diminished, according to the temperature and disposition of the stomack in heat, and coldnesse, drinesse, and moysture, loosenesse, or stiptickneſſe; and also according to the temperature and substance of the meats. Wherefore you must consider whether the meat be correspondent to the stomack, or not: As whether a dry meat be taken into a dry stomack, or a moyst: for if a dry meat bee received into a dry stomack, then the drink is to be increased; but if it be received into a moyst stomack, then the drink is to be taken in the same measure, as if both stomack and meat were of an indifferent temperature. In like manner the substance of the meat ought to be considered, whether it be grosse, or thin: if grosse, then a larger quantity of drink for the concocting and distributing of it is necessary; if thin, then a lesse proportion will suffice. The like Indication may be taken from the disposition of the stomack, which if it bee subject to laxity, then a lesse portion of drink, if to stypticity, then a greater is to bee assumed.

The second thing that is to bee observed in the use of drink is, that the drink bee attempered to the temperature of the aire, of the season, of the country, of the meats, and of the person receiving of it: for by this meanes, the native heat will be the better moderated, and the body consequently preserved in a sound and healthy temperature.

The third thing, which concerning the use of drink, those that are studious of their health, ought to observe, is that they wholly betwixt dinner and supper

supper, abstaine from drink, excepting only a dilutive draught, whereof I will heereafter speak, because it breedeth crudities, except necessity, as sometime in them that bee cholerick, or custome shall require it: the later of which, notwithstanding is vicious, and therefore by little and little to be relinquished.

Whether the drinking of Wine at meales only, between the eating, and not also before and after meale, be expedient and profitable for the body.

THe wholsomnesse of Wine, in helping the concoction, nutrition, and exhilarating the spirits and heart, moderately taken at meale, as the temperature of the body, and time of yeere shall require, is so well and commonly known, as that it needeth not any demonstration. But whether it be expedient to drink wine presently before, and after meale, it is a matter not so evident. In my judgement, the whole determination of this doubt, it is to be gathered from the nature of the wine, and from the temperature of the stomack, and disposition of the body that taketh it. For example sake; The drinking of wine before meale, is not convenient for them that are young, or for any that have hot stomacks, because it will distemper the liver, cause inflamations, and consequently, marre the concoction of the meats. But for old men, and all such as have cold stomacks, a little draught of Sack, or of any other wine of like nature, is very profitable before meales, because it discusseth windy crudi-

crudities, exciteth the appetite, and fortifieth the naturall heat for concoction; yet with this proviſo, that they even forthwith goe to their meale: for otherwiſe it will by evaporation greatly offend the head. But verily I ſuppoſe the drinking of Wine or Rheniſh wine, with a Lymon ſliced and macerated therein, and a little alſo of the choiceſt Sugar added thereunto, eſpecially if the Drinker be of a tender palate, to be very wholſom & good, as a preparative-draught before meales, for all bodies (except for ſuch as are ſubject to a defluxion of humours, or elſe abound with much moyſture and crudity) eſpecially for ſuch as are ſubject to obſtructions, becauſe it clenſeth away ſlimie humours, adhering to the ſtomack, openeth the obſtructions of the meſaraick vaines of the milt, of the liver, and of the reines, exciteth the appetite, and erecteth the digeſtive faculty of the ſtomack. As concerning the drinking of wine immediately after meale, there are ſome that do altogether prohibit it, and not without good reaſon, becauſe it hurteth the braine and ſinewes, by evaporating from the ſtomack; yet by their leave, a little draught of Sack, or of any other wine of like nature, may not bee hurtfull, but rather often times very profitable to them that have cold and weake ſtomacks, ſo they bee not affected with infirmities of the head and ſinewes, becauſe it helpeth the concoction, by comforting the ſtomack, and repairing the naturall heat. But the drinking of a great draught is in no wiſe expedient, becauſe it ſubverteth the concoction, by cauſing the meat to paſſe from the ſtomack indi-

geſted, and greatly alſo offendeth the head with acute vapours.

Whether it bee profitable, or in any ſort neceſſary for ſuch as are in health to drink betweene meales.

I Anſwer, that it is very hurtfull to drink betweene meales, ſo long as the meats that have been taken, remaine undigeſted in the ſtomack, and not paſt the firſt concoction (except great thirſt and ſiccity of the ſtomack and throt ſhall require it, and then only a little is to be taken, that the dryneſſe may be ſomewhat mitigated) becauſe it interrupteth and confoundeth the concoction, by diſturbing the naturall heat that is in working, and conſequently maketh the body to abound with crudities. But after that meat is concocted and deſcended from the ſtomack, which will be in three or foure houres after the meale, it is good to drink one meetly large draught of White or Rheniſh wine, or ſtale Beere, or of Sack, ſo the perſon that take it bee of a cold conſtitution, and ſo much the rather, if he be aged, and the ſeaſon of the yeere alſo cold, to waſh and cleanſe out of the ſtomack the reliques of the meats, and to cauſe a more facile and ſpeedy diſtribution, or paſſage of the meats concocted thorow the meſaraick veines unto the liver. Wherefore, this drinking of Wine or Beere betweene meales, as the conſtitution of the body ſhall require, may well be termed both dilutive and dilative, and is good for all men, eſpecially for ſuch as are ſubject to obſtructions of the ſtomack

mack, and meſaraick veines, that conveigh the alimentary chyle or juyce, which commeth of the meats, concocted in the ſtomack, to the liver, to be made bloud.

Whether the cuſtome of drinking faſting in the mornings, and likewiſe evenings, even at the time of going to bed, be to be approved and conſented unto?

THE cuſtome of drinking in the mornings faſting, a large draught of White wine, or of Rheniſh wine, or of Beere, hath almoſt with all men ſo farre prevailed, as that they judge it a principall meanes for the preſervation of their health; whereas in very deed, it is, being without reſpect had of the ſtate or conſtitution of the body, inconſideratly uſed, the occaſion of much hurt and diſcommodity. For convelling therefore of this vaine cuſtome. I anſwer, that the drinking of a large draught faſting of the aforeſaid Wines, or ſtale Beere, if it ſhall be more agreeable to the body, is only good for them that are of an hot and dry conſtitution, or ſubject to obſtructions, ſo they be not of a very cold and moyſt temperature, that the ſiccity of the ſtomack may be mitigated, and any ſlimie or obſtructive humor reſiding in it, in the liver, veines or reines removed, and cleanſed away: which the taking of a large draught faſting of ſtale Beere, or of one of the foreſaid wines, eſpecially if a Lymmon be macerated in it, as aforeſaid, do notably performe. But this may not ſo generally

ly be taken, as that it is allowable for every one that hath an hot and dry ſtate of body, to drink a large draught mornings faſting: for it is not convenient for ſuch as are very rheumatick, though they are of dry temperature of body, becauſe it will greatly encreaſe rheumes; but to ſuch, a ſmall draught, to temper only the ſiccity of the ſtomack, is to be exhibited. And here it may be demanded, whether or no it be good to drink ſtronger wines faſting, as Muskadell, Malmſey, or ſuch like: I know that it is utterly forbidden, as pernicious to the body, which I likwiſe averre, in reſpect of the younger ſort of people; but for the aged, in whom the radicall moyſture and heat is decayed, I deeme it to be very wholſome, eſpecially in cold countries, and in the cold times of the yeere, becauſe they are very comfortable and reſtorative: wherefore to drink mornings faſting, a draught of Muſkadell or Malmſey, and alſo to eat toſts of fine manchet-bread ſopped therein, is no bad break-faſt for old folkes, as I ſuppoſe. Hence it may appeare, that it is not altogether unwholſome, to drink ſtrong wine next the heart, ſo there be reſpect had to the age, to the time, and to the countrey. As concerning the uſe of drinking, at the time of going to bed, I affirme that it is in no reſpect allowable, but for hot and cholerick bodyes, who commonly have dry and thirſty ſtomacks, to whom a little draught of Beere, and that alſo but of meane ſtrength for allaying only the ſiccity of the ſtomack, may be admitted: I ſay a little draught, becauſe a large one may breed crudities in the ſtomack,

mack, offend the braine, and make it subject to distillations.

The conclusion therefore is, that to drink mornings fasting, is very hurtfull to the phlegmatick, and at the time of going to bed, for all bodyes, except for them that have dry and thirsty stomacks, because it filleth their stomacks and veines with crudities, and the braine with superfluous vapours. Wherefore the custome of drinking, mornings and evenings, is to be refrained, except of them, for whom it is convenient, as aforesaid, and with great caution to be used of such as are much subject unto rheumes, though the temperature of their body shall require it.

Whether abstinence or fasting from meat and drink unadvisedly used, be no lesse hurtfull to the body than intemperance?

ALthough abstinence from meat and drink moderately used, according to the age, constitution of body, and time of the yeere, be very greatly availeable for the preservation of health, because it abateth the bloud, concocteth raw humors, and expelleth all manner of superfluities; yet if it be immoderatly, untimely, and unadvisedly used, it is no lesse hurtfull than Intemperance: for it spoyleth the stomack, destroyeth the spirits, and subverteth the strength, and the naturall heat, by with-drawing of nutrimentall moysture, is too much incended; and not finding humor to work on, turneth its force upon the radicall or

substantiall moysture of the body, which exhausting, bringeth the body into a deformed Atrophy or consumption. Notable therefore is that saying of *Hypocrates*, Neither fulnesse, neither emptinesse, nor any thing else which exceedeth Natures measure, is good. But because there is great difference to be found amongst men concerning fasting, for some may better and with much more profit abide without meat then others may; you must understand, that besides respect had of the age and time of yeere, fasting is most necessary and beneficiall for them that are of a phlegmatick and full state of body, and such can longest abide fasting, because the naturall heat is occupied in concocting, exiccating, and consuming the superfluous, crude, and moyst humors of the body. And therefore such as are plethorick, phlegmatick, fat, and full of moyst humors, although they be subject to manifold diseases, yet do live healthily, and not easily incurre sickneſſe, if they use temperance in their dyet, with frequent and opportune abstinence. But to dry and cholerick bodyes, fasting, especially if it be not wisely undertaken, is, by reason of their strong naturall heat, very pernicious: for it maketh them carrionlike leane, greatly annoyeth the head, and causeth cardialgick paines or griping of the stomak, and often-times swounings, by making the humors more cholerick and tart. Wherefore I advise such as are cholerick and of a dry temperature, in regard of their strong naturall heat, to feed more plentifully then others, and in no wise to be too long-fasting, because they have not

2. *Aphor.*

Fasting and a sparing dyet most necessary for fat and full bodyes.

Fasting very hurtfull to dry and cholerick bodyes.

not in them any ſuffiicient moyſture for the heat to work upon, by meanes whereof the naturall heat being quickly incended, and converting it ſelfe upon the ſubſtantiall moyſture of the body, they ſuddenly incurre all the aforeſaid hurts and calamities.

Why is a ſparing dyet more to be obſerved in the Spring and Summer, then in the Autumne or Winter?

A Diſcreet parſimony in dyet is good at all times, but eſpecially in the Spring and Summer: in the Spring by reaſon of the Winter preceding: for in the Winter (by reaſon of copious feeding, which the coldneſſe of the ambient Aire doth occaſion, as alſo through paruity of exerciſe, and reſolution of ſuperfluous matter by the poores) many crude, phlegmatick, and ſuperfluous humors are bred, and detained in the interiour parts of the body, Which the Spring comming upon doth diſſolve, and diffuſe thorow the whole body, about whoſe concoction Nature is that time much buſied. If therefore in the Spring a large dyet or copious feeding be uſed, nature is thereby hindered and diverted from concocting thoſe crude and ſuperfluous humors, by meanes whereof they remaining crude and inconcocted in the body, and fluctuating from part to part, doe at length ſettle and produce morbificiall affects. Wherefore I adviſe all ſuch as are ſtudious of their health, to obſerve in the Spring a very temperate and frugall dyet, which (as *Avicen* witneſſeth) doth

doth chiefly prevent the diſeaſes of the Spring.

In the Summer alſo a parſimonious or ſparing diet is very convenient, becauſe the digeſtive faculty is much weakned, by reaſon that the naturall heat, which is the cauſe of all natural actions, is by the exceſſe of the extrinſecall circumſtant heat diſſolved and drawne forth, and therefore in ſuch ſort weakned, as not able to digeſt much meat. They therefore greatly erre and wrong themſelves, that in the hot ſeaſon of the yeere preſſe and ſurcharge their bodyes with over-much meat: for beſides the breeding of crudities, they often incurre ſudden and perilous ſuffocations. But here by the way you muſt underſtand, that though a diminution of the meats in the hot ſeaſons of the yeere be good and neceſſary for the preſervation of health, yet a larger portion of drink, according as the conſtitution of the body ſhall require, is at ſuch times to be received, becauſe that by reaſon of the ambient heat, much reſolution of moyſture is made by the pores, and conſequently exiccation of the body and thirſt. Wherefore to conclude this queſtion, I here adviſe all ſuch as are reſpective of their health, to alter their dyet, according as the temperature of the ſeaſon, age, and conſtitution of the body ſhall require. As in the Summer, for preſerving the body from an hot and dry diſtemperature, to obſerve a cooling and moyſtning kind of dyet, I have added, as the age and conſtitution of the body ſhall require, becauſe the elder ſort of people, and ſuch as are of a cold and moyſt conſtitution, need not ſo cooling and moyſtning a dyet, as thoſe that are younger,

Diet is to be altered according to the temperature of the ſeaſon, age, and conſtitution of the body.

younger, and of a cholerick temperature. The like is alſo to be obſerved in other ſeaſons of the yeere, which every one that is ſtudious of his health, may eaſily apply.

Why are mens bodies ſooner affected with ſickneſſe in the Autumne, than in any other ſeaſon of the yeere?

BY reaſon of the great variety and unequall diſtemperature of the ayre: for of times and ſeaſons, that is the beſt which is temperate: next, thoſe that are equall, whether in cold or heat: the worſt is that which altereth moſt, as doth the Autumne; for the middle part of the day is commonly hot, the morning and evening cold, whereby it comes to paſſe, that mans body being relaxated both by reaſon of the heat of the Summer preceding, as alſo oftentimes by the meridian heat of the Autumne it ſelfe, is ſuddenly affected with cold, and ſubjected to divers infirmities. Wherfore in the Autumne no ſmall regard is to be had of the Diet and courſe of life, eſpecially of them that are weak and of a melancholy temperature: for unto ſuch is the Autumne, by reaſon of the variety of the Ayre and increaſe of the melancholick humour, moſt offenſive. Beſides therefore the carefull ſhunning of melancholick meats, the morning & evening cold, and meridian heat, is chiefly to be avoyded; and although the Autumnall fruits do in this ſeaſon glorioufly ſhew themſelves, yet the often and much uſe of them is hurtfull, becauſe an ill juyce, con-

curring with the distemperature of the Ayre, doth suddenly corrupt the whole body. For all greene fruits, especially those that quickly perish and rot, as Plummes, Peaches, Apricocks, &c. do abundantly engender wind, make the bloud watterish, and subject to putrefaction, especially in them that have impure stomacks, and naturally abound with crude and moyst humors: wherefore the use of them is to the phlegmatick and melancholick most hurtfull. But they may bee profitable, notwithstanding their watrish and vicious juyce, to the cholerick, and such as have hot bodies, and use great labour or exercise, because they moysten the inward parts, represse the heat and acrimony of choler, and loose the belly: In whose use, notwithstanding, ought to be this caution, that they bee taken in an empty stomack and moderate quantity.

Green fruits to what bodies allowable.

Why are there some which never grow fat, though they live richly and daintily; but are alwaies very leane, as though they were worne out and exhausted with a long continuing disease?

I Answer, that this leane deformity of body may for many reasons happen, even in such as live richly, and alwaies eat the best and choicest meats. As by debility of the digestive faculty, or of the attractive unto the parts, by reason of an ill temperature, or through the concoction of the pores and secret passages of the body, which hinder the passage of the nourishment unto the parts; or by reason

ſon of much reſolution of the nutrimentall and ſubſtantiall moyſture through the pores; by meanes whereof, the nouriſhment which is attracted to the parts, is not fixed and aſſimiliated, as it happens in ſuch as uſe great and vehement exerciſes, and alſo in them that are affected with tabeficiall paſſions, as ſorrow, anxietie of mind, &c. or it may happen through the ſwelling of the Spleene: for when it growes great, and oppreſſeth the heart, by reaſon of the affluence and obſtruction of the melancholick humour, which it ought to expurge, an evill and depraved concoction, not only of the ſtomack, but alſo of the liver doth enſue, and conſequently that tabeficall habit of the body. Or this lean deformity (beſides other erroneous courſes) may happen by reaſon of continual ligatures on the body, by meanes wherof the pores are obſtructed & the nouriſhments not attracted to the parts. From all theſe therfore that leane, cadaverous, & wonderful deformity of body which is ſeen in many, may proceed.

Whether a fat and corpulent ſtate of body bee for health worſe than a leane?

I Anſwer, that a fat and groſſe habit of body is worſe then a leane, for beſides that it is more ſubject to ſickneſſe, it is for all corporall actions farre more unapt. They are more ſickly that have groſſe and full bodies, not only becauſe they abound with many crude and ſuperfluous humours, but alſo becauſe they leſſe (by reaſon of the imbicility of their heat) reſiſt extrinſecall and intrinſe-

call cauſes that demoliſh their health. And becauſe they are repleated with groſſe humours with a naturall ſtrictneſſe of the veines, they eaſily incurre the Apoplexie, Epilepſie, ſhortneſſe and heavineſſe of breath, ſwounings, and ſuddaine death. A leane habit of body is alſo evill, becauſe the naturall heat is through defect of moyſture ſoone diſſolved, breathed forth, and waſted; yet it is leſſe evill than a groſſe, becauſe men of a leane habit of body are commonly a long time healthy, whereas of the contrary, ſuch as are of a groſſe, have often conflicts with ſickneſſe. But this which hath been ſaid, is not ſo to be underſtood, as that every groſſe habit of body is worſe than a leane, for we muſt in this manner diſtinguiſh thereof. There is a groſſe habit, and the ſame phlegmatick, and ſuch is altogether evill, and to be abhorred, and of this is to be underſtood that which I have above ſaid. And there is a groſſe, and the ſame ſanguine, not ſo evill, yet evill, by reaſon of the dangers of repletion. And verily this groſſe habit of body is better than the leane, by reaſon of the plenty of heat and moyſture, wherein life conſiſteth, and therefore not to be abhorred, ſo as it doth not in ſuch ſort exceed, as it may occaſion perilous hurts. But it is to be abhorred, if it bee ſuperfluous and tranſcendent, becauſe it ſuddenly induceth vomitings of bloud, and ſuch like moſt perilous accidents. But between theſe two habits there is a meane, which is neither too fat, nor too leane, or extenuated, and that verily is the beſt, becauſe the mediocritie of habit and conſtitution, cannot be but through goodneſſe of the compoſition, which a ſtrong

Every groſſe habit of body is not worſe than a leane.

strong digestive faculty and strength so firme do follow, as that they can all morbificall causes very easily resist.

Of Sleep and Watching.

Sect. X.

That Sleep may be taken for the health of the body, how many things ought such as are studious of their health to observe therein?

HAving treated of nourishments with divers necessary Dieteticall observations that make for the preservation of health, I now for the perfecting of this Treatise, proceed in the like method and order to discourse of Sleep, Exercise, Excretions, and Pertubations: for by a true regular use of the former, without a due and carefull moderation of these, a true integrity of body cannot long subsist. To this *Quære* therefore concerning Sleep, I answer, that foure things are to be observed in the use thereof; as first, the Time; secondly, the Place; thirdly, the Posture or lying of the body; and fourthly, the quantitie of Sleep. Of all which in their order. But first I will set down the commodities of moderate and seasonable Sleep, which next to nourishments that

The commodities of sleep.

sustaine the body, is most profitable and necessary: For it helpeth the digestion, recreateth the mind, repaireth the spirits, comforteth and refresheth the whole body, and is for all crudities even a present remidy: for it concocteth not only the meats, but also the humors; and the reason of all which is, because in all the time of sleep, the animall faculty is at rest, but the naturall is in the stronger action, by reason of the regresse of the heat into the inner parts, and therefore it is that the best concoction is made in sleep. Moreover, by the retune of the heat into the inner parts, the vitall faculty is much strengthned, because the heart is then abundantly supplyed with blood for breeding of spirits. From whence it appeareth, how sleep maketh much for the three principall faculties of the body: for by it the braine is moystned, the animall spirits quieted and refreshed, the stomack and liver for concoction, and the heart for ingendring of spirit, fortified and assisted.

The three principall faculties are greatly holpen and refreshed by sleep,

Now for the order of sleep, wherein, as I have said, foure things are to be observed. And first, concerning the time for sleeping and waking, wee must follow the course of Nature, that is, to wake in the day, and sleep in the night: *Dies enim vigiliæ, nox somno dicata est.* For the Sun by his radient beames illuminating our Hemisphere, openeth the pores of the body, and dilateth the humors and spirits from the Center to the circumferent parts, which to waking and necessary actions doth excite and naturally provoke. But on the contrary, when the Sunne departeth from our Hemisphere, all

VVhy the night is most convenient for sleep.

things

things are coarctated, and the ſpirits returne into the bowels and inmoſt parts of the body, which naturally invite to ſleep. Wherefore if we pervert the order of Nature, as to ſleep in the day, and wake in the night, we violently reſiſt the motion of Nature: for ſleep draweth the naturall heat inward, and the heat of the day draweth it outward, ſo that there is made as it were, a fight and combat with Nature to the ruine of the body. Yet ſuch as, by reaſon of a weak and ſickly diſpoſition of body, do take unquiet or little reſt in the night, or are otherwiſe by extraordinary and neceſſary occaſions hindred, may well ſleep in the morning *ad primam partem diei*, that is, till nine of the clock, but to ſleep afterwards, is not ſo wholſome, eſpecially at afternoones, as ſhall be hereafter ſhewed.

Morning ſleep for vvhom convenient.

But why the night is moſt convenient for ſleep, two other reaſons alſo may be well aſſigned. The firſt is the naturall moyſture and ſilence of the night, which for ſleep is very conducible. The other is the ſufficiencie of time, not only for the full and abſolute concoction of the meats, but alſo of ſuperfluous humors, which the night doth afford, and that by reaſon of the regreſſe of the heat and ſpirits into the inward and digeſtive parts. They therefore that againſt nature viciouſly uſe the night for the day, and the day for the night, *tanquam noctuæ*, are here juſtly to be reproved: and ſo are alſo Students, to whom untimely watchings are moſt pernicious, that with night ſtudies macerate themſelves, exhauſt their ſpirits, and acquire a poore weak melancholick ſtate of body. For all parts of the

Vntimely vvatchings moſt pernicious to Students.

the body, especially the chiefest being wearied and weakned with labour in the day, the night approching, desire rest; and therefore then if by study and untimely watching they are deprived of their refreshing, and the spirits retracted from the stomack and principall parts, weakneſſe must needs follow, and a bad concoction, and the body consequently repleted with crude, putrid, and vaporous humors. Wherefore I advise Students that must of necessity sometimes watch and study by night, that they do it not till after their first sleep: for in that space the concoctions of the stomack and liver are most commonly effected, and the wearied parts in some measure refreshed.

Three things necessary to quiet sleep.

Wherefore here by the way I advise all men, especially such as are charged with publick busines of importance, that they carefully observe to go to their bed with a quiet and free mind: for that the sleep may be peaceable and comfortable, three things are necessary; a temperate braine, a sweet vapour, and a quiet minde. If therefore ye desire peaceable and comfortable rest, live soberly, eschew crudity, and embrace tranquillity of minde.

But if honest occasions, besides an ill disposition of body, shall, as is aforesaid, occasion watching in the beginning of the night, let thy supper be slender, and make amends by sleeping so much the longer in the morning. But I wish such as tender their healths, especially Students, not to addict themselves to morning sleep, but by all meanes to shun and avoyd the occasion thereof: for he that

sleeps

sleeps in the morning, when he ought to arise and stirre his body, that all parts may the better expurge their excrements detained in sleep, by sleeping in the morning hinders their expulsion, which occasioning obstructions and noysome vapours, greatly offend the head, dull the senses, and is very pernicious to the whole body.

The great discommodity of morning sleep.

Here some may desire to know, whether it be altogether unwholsome to sleep after dinner. Whereunto I answer, that sleeping at noones is condemned as most hurtfull to the body, because it overmoystneth the braine, and filleth the head full of vaporous superfluities. And the reason why it filleth the head with superfluous moysture, is because the night hath sufficiently moystned it, as that it needeth not to be moystned againe by sleep in the day, but ought rather to be dryed by watchings and motions of the body. And from hence it is, that sleeping at noones causeth heavinesse of the head, dulnesse of wit, distillations, defluxions of humors, lethargies, and other cold diseases of the braine, and palsies, by relaxing the sinewes. Moreover it hurteth the eyes, spoyleth the colour, puffeth up the Spleene with wind, maketh the body unlusty, and prepareth it for Fevers and Impostumes. Yet notwithstanding all these hurts which are incident to them that will needs sleep in the day time, sleeping at noones is not alwayes, nor to all bodyes to be prohibited, so as it be admitted with the cautions hereafter assigned. For if the night shall be unquiet, or without sleep, or the body wearied with extraordinary labour, or the spirits exhausted, and the

The discommodities of sleeping at noones.

Sleeping at noones not to be prohibited at all times, nor to all bodies.

ſtrengths dejected by immoderate and exceſſive heat, as it oftentimes chanceth in the hot ſeaſons of the yeere, it is not amiſſe to ſleep at noones: for by it the ſpirits are collected into the inner parts, the mind freed of cogitation, and the whole body conſequently very much refreſhed. Moreover ſuch as are leane, and of an hot and dry temperature of body, may well ſleep at noones, becauſe it greatly refreſheth their bodyes, by recalling their ſoone vaniſhing ſpirits. And that it is lawfull at any time of the yeere for old men to ſleep a nap at noones, by reaſon of their imbecility, needs no demonſtration. But the phlegmatick, ſanguin, and all corpulent bodies muſt beware how they ſleep at noones: for it is better for ſuch to macerate themſelves a little, by abſtaining from ſleep, than by it to be turgid and puffed up. Wherefore in the hot ſeaſons of the yeere, it is good for them after dinner to reſt themſelves for the ſpace of an houre in a cold bower free from all care and cogitation, whichreſt verily is no leſſe profitable to them, than an houres ſleep for dry, leane, and extenuated bodies.

Sleeping at noones hurtfull to all corpulent bodies.

But that ſleeping at noones may be admitted with the greater profit, and leſſe detriment, five conditions are diligently to be obſerved therein. The firſt is, that it be not taken immedialy after dinner, but an houre after, or halfe an houre at the leaſt, in which ſpace it is good to walk a little, that the meat may the better deſcend into the ſtomack, for then fewer vapours will aſcend and offend the head. The ſecond is, that it be taken not lying, but rather

Five conditions to be obſerved in ſleeping at noones.

rather ſitting with the body upright, becauſe the head will be the leſſe offended with vapours aſcending unto it. The third is, that it be not overlong, not above halfe an houre, or an houre at the moſt, that the heat may be only collected from the outward parts: for ſo ſhort ſleep cannot replete the head with vapours, and in the meane while the concoction is ſufficiently holpen, the ſtrengths refreſhed, and any heavineſſe of the head removed. The fourth is, that it be not taken in an hot place, but rather enclining to cold, eſpecially in the Summer: for to ſleep in an hot place is very hurtfull, as ſhall be by and by ſhewed. The fift is, that the awakening be not ſudden, but with good moderation, to prevent the diſtraction of the ſpirits. And thus much for the time of ſleep.

VVhat place is moſt convenient for ſleep.

Concerning the place moſt convenient fo ſleep, it muſt be ſomewhat dark, and defended from the light, eſpecially of the Moone by night, which encreaſeth rheumes, temperate in heat and cold, yea rather inclining to cold than heat; for to ſleep in an hot place, is very dangerous, cauſing faintneſſe, and oftentimes ſwouning upon the awaking, by reaſon of the contrary motions of ſleep, and the ambient heat of the place. For the ſpirits and naturall heat, which by meanes of ſleep are drawn inward, are by the heat without contrariwiſe drawn outward. Wherefore the place for ſleep ought to be very cloſe, and above all, not dampiſh, for that is moſt pernicious to the body, and eſpecially to the head. And although the place for ſleep muſt rather encline to cold than heat, yet our bodies,

while wee sleep, must with cloathes, according as the constitution of the aire shall require, be sufficiently covered, lest that whiles the naturall heat is within about digestion, the outward parts be offended with cold. But the chiefest care must be of the head, that in sleep it take not cold, which will occasion palsies, and other affects of the braine and sinnewes; and yet too much covering weakens and offends the head. The neck also in sleep must not bee neglected: for the well wrapping thereof is a speciall remedy against nocturnall rheumes; and therefore I wish all Students diligently to observe the use thereof.

The head and neck in sleep must carefully be defended from cold.

VVhat posture of the body is best in sleepe.

Concerning the manner of lying while we sleep, the best is on the right side, or on the left, with the hands, legs, and neck, yea and the whole body a little bowed, especially in the Winter, for encreasing the heat of the bowels. But if you desire to know whether it best to lie first on the right side, or on the left: I answer, that it is best to lie first on the left side, that the meats may the better descend to the bottom of the stomack, which toward the left side is chiefly situated, and the alimentary juyce be the more easily conveyed to the Liver: and after the first sleep to turne to the right side; for this change doth greatly ease the body, and help the concoction and distribution. The head must bee somewhat high, well bolstered up, for the better descension and concoction of the meats.

VVhether sleeping upright upon the

Having set downe the best posture of the body in sleep, I will examine whether lying upright upon the back, or groveling upon the belly in sleep, be altogether

togeather unholsome. As for sleeping upright upon the back, it is altogether unwholsome; for so many as sleep after that fashion, have unpleasant and troublesome sleeps, and are for the most part subject to the passion which we call the Nightmare, the palsie, lethargy, cramp, and such like diseases of the braine and sinewes. And that not without cause: for lying upon the back causeth the superfluous matter of the head to incline and fall into the hinder part of the braine, where is the originall of the motory sinewes, and by that meanes the spirits being stopped, the aforesaid maladies are easily engendered. Moreover, lying upon the back, heateth the reines, and maketh them subject to obstructions: and therefore I wish all such as are subject to the stone, carefully to shunne that manner of sleeping.

back, or groveling upon the belly, be altogether unvvholsome?

Concerning sleeping upon the belly, that may be sometimes tolerable, yea very necessary, when wind shal afflict the belly, or the stomack be overcharged with meat; for by that positure, the naturall heat is retained and increased in the bowels, wherby the stomack for concoction is much comforted, and the torments of the belly greatly mitigated: Wherefore it is very profitable for such as have feeble digestion, and are troubled with wind, to lie and sleep sometimes groveling upon the belly; but it may hurt the sight, by causing the humours to flow unto the eyes: and therefore such, whose eyes are feeble, or are subject to a defluction of humours into them, must very carefully eschew this manner of sleeping.

To sleep upon the belly, vvhen, and for vvhat bodies profitable.

Whether it be expedient to sleep with the mouth a little open.

But it is worth the inquirie, whether it bee good to sleep with the mouth a little open. Some there are that altogether deny it: But I approve the contrary, and that for three reasons. The first is, because the breath passeth more freely, and the fuliginous fumes are better breathed forth and discussed: and hence it is, that such as sleep with the mouth open, have their breath lesse corrupted; whereas of the contrary, they that sleep with their mouth close, have commonly an ill breath, and foule teeth. The second is, because some rheumatick moisture may in sleepe passe forth at the mouth, which if it should be shut, would fall upon the Lungs, to their great offence. The third reason is, because through the descent of rheumes, from the head to the nostrils, the free passage of the breath thorow them may be letted; whereupon, unlesse wee sleep with the mouth somewhat open, snorings, offensive rowtings, and oftentimes untimly awakings do ensue. Wherfore I conclude, that it is good to sleep with the mouth somwhat open, especially, for them that are subject to the rheume. And because the tongue, palat, and gums of such as sleep with their mouth open, are commonly after sleep very dry, and affected also with slimie matter adhering to them; but to this later, those that sleep with their mouth close are most subject: I advise, that all men in the mornings after their sleep, wash well their mouth, gums, and teeth with fountaine water, rose water, and a little vinegar mixed together, wherein a few Sage leaves, and Cloves sliced have been steeped all the night, by gargling it

The washing and clensing of the mouth after sleep very necessary.

in

in their mouthes: for it tempereth the drineſſe of the mouth, clenſeth away the ſlimie ſuperfluities, and maketh the breath ſweet, which in ſleep, by reaſon of fuliginous vapours that ariſe from the ſtomack, is moſt commonly corrupted. Where by the way, it is to bee advertiſed, that their breath is moſt tainted in ſleep, that are ſubject to obſtructions; wherefore ſuch bodies ought to bee purged and purified, according as the affected parts ſhall require.

Concerning the quantity or time how long wee ſhould ſleep, it cannot bee certainely alike defined for all men, wherein, no doubt, a mediocrity, as in all other things, yet limited with many circumſtances, is beſt. It muſt be meaſured by health and ſickneſſe, by age, by emptineſſe or fulneſſe of the body, & by the complexion. And becauſe the concoction, which is the roote of life, is ſpecially furthered by ſleep, we muſt obſerve to ſleep, till the concoctions in the ſtomack and liver are finiſhed. But to know when the concoctions are compleat and ended, it is to be diſcerned upon the awaking, by the ſenſible lightneſſe of all the body, eſpecially of the head, and paſſage down of the meat from the ſtomack, and the certaine deſire to avoid urine, and to goe to the ſtoole, ſo neither of them bee extraordinarily procured by error of diet, or otherwiſe. Contrariwiſe, heavineſſe in the body and eyes, and ſavour of the meat before eaten, ſignifie, that the ſleep is not ſufficient. From whence it may well bee concluded, that for ſuch as are healthfull, and in their youthfull and conſtant age, ſix, ſeven, or eight houres at the

Hovv long vve ſhould ſleep.

The vvhole time of ſleep being divided into three parts, the firſt is chiefly profitable to the

stomack, the second to the stomack and liver, the third *in qua segregatio fit puri ab impuro*, to the heart and the braine. *Somnus senibus vita est, vigilia ruina.*

the most, is a sufficient time for the continuance of sleep, because in them the concoctions are in that space commonly perfected. But such as are weak and sickly by nature, require a longer time of rest, as nine, ten, or eleven houres, for helping the concoction, and the restoring of strengths.

The like is to be said of old men, for whom sleep verily is so profitable, that, because it chiefly helpeth the concoction, whereupon plenty of nourishable moysture doth follow, nothing, next to meats of good juyce, is so availeable for repayring their decayed state of body. Children also that have not attained to the age of eighteene yeeres, require longer sleep than youth and middle age, that immoderate fluction of vaporous moysture by the pores, whereunto they are by reason of their lax and tender skinne, most subject, may be hindred, and their growth consequently bettered and encreased.

Why doe cholerick and melancholick bodies require longer sleep thā the phlegmatick or sanguine?

But withall, there must alwaies in every age bee speciall respect had of the complexion; for Cholerick and Melancholick bodies need longer sleep than the Phlegmatick or Sanguine, that the acrimonie of Choler may bee tempered, and the concoction holpen: for to dry and leane bodies, such as are the Cholerick and Melancholick, nothing is more wholsome than quiet and sound sleep, because by it, the parts are generally moistened and refreshed, both in that it helpeth the concoction, as also, because it letteth the diflation and wasting of the humors. And, because that to leane, Cholerick and Melancholick bodies, nothing is more pernicious than too much watchfulnesse, whereunto by reason

Wholsome counsell for cholerick and melancholick bodies.

of

of their dry disposition of body, they are very subject; I advise that they usually observe, especially in the hot seasons of the yeere, to drink at their going to bed, a good draught of a soporiferous Almond milke, made with the decoction of excorticated Barley well mundified and abluted, Lettuce, the flowers of Borage and Violets, or in stead of them, the freshest leaves; and let it also have a choise Rose water, and be dulcerated or sweetned with the finest sugar: for this drink excellently moystneth and tempereth the braine, procureth sleep, and refresheth the whole body. The emulsion of the seeds of white Poppie, may also very profitably be added thereunto.

Little sleep best for phlegmatick and grosse bodies.

But of the contrary, to the Phlegmatick and such as are drowsie through the excesse of moysture, watchings are to be commended and enjoyned, *quia desiccant & attenuant*, lest that much sleep, or longer than is convenient only for concoction, should encrease their moyst and cold distemperature, and make it altogether sickly.

VVhy must the sanguine be very wary of immoderate sleep?

As for the Sanguine, their sleep must be very moderate, not above seven houres at the most; for they are very apt to be grosse, which much sleep, or more than is fitting for their temperature, will soone occasion. Wherefore it is better for them to be sparing in sleep, and to be somewhat macerated with watchings, than to be exceedingly puffed up therewith. Do we not finde by daily experience, that those which are more indulgent of their bellies and sleep than is meet, become so corpulent, grosse, and ill-favoured, that their brest and chin

even meet together? wherefore it is no marvel, that they become unhealthfull and unlusty in their bodies, stupid and dull in their wits. To conclude this Section: As Sleep, unlesse it be moderate, and in fit time admitted, weakens the naturall heat, burdens the head with vapours, detaines the excrements longer than is meet; in a word, makes men sluggish, lumpish and unhealthfull, heavy-headed, of no wit or memory: So watching, except it be with mediocrity, encreaseth choler, spoyleth the temperature of the braine, dryeth up and consumeth the bodie, dimmeth the sight, wasteth the Spirits, and destroyeth all the powers and faculties both of body and minde. Let therefore both the sleep and watching be seasonable and moderate; without which gratefull and amiable vicissitude, our condition were miserable, and life not to be preserved.

The discommodities of immod rate sleep and vvatchings.

As for the time of going to bed, after Supper, I have at large discourſed in the former Section.

Why do such as glut themselves with much meat at Supper, especially of divers kinds, seldome or never take quiet and comfortable rest thereupon?

BEcause as the fire by the heaping on of much wood, is choked and oppressed, so is the naturall heat by overmuch meat: whereby it comes to passe, that the concoction is hindered: Now from a retardated or lingering concoction, the vapours that are the cause of sleep, do slowly fume

fume and ascend to the head. Moreover, these vapours that ascend from a vitiated concoction, occasioned by a divers mixture of meats in the stomack, taken in too large a quantity, delight not nor refresh the braine, for they are tart and unpleasant: and by reason that the stomack is oppressed and overcharged in the concoction of them, unpleasant belchings also arise that hinder sleep, and oftentimes suffocations in sleep, which I wish all gluttonous persons to take notice of, and such also who for their health abide sometimes fasting till supper, that they then overcharg not, nor glut their stomacks by unreasonable feeding. But for this you may see more in the precedent Section.

Whether drying and warming of the bed, Pelveignito, *a little before the entring thereinto, be expedient and necessary? And what is to be done after the sleep for the health of the body, before we betake our selves to an ordinary and necessary buisinesse.*

I Add these two *Quæres*, as an Appendix to this Section. To the former I answer, that for the aged, and all such as are weak by nature, and that lead a tender and delicate course of life, the custome of warming the bed, is for two reasons very expedient and necessary in the cold and moyst seasons of the yeere. The first is, that the body, upon putting off the garments, may not on a sudden be affected with the externall cold. The second is, be-

cause the interiour heat is comforted by the externall, the concoction holpen, and all superfluous moysture the better consumed. But I approve not this custome to such as are healthfull, and strong, because it will debilitate their bodies, and make them over-nice and effeminate. It remaineth therefore, that it is only convenient for the aged, and all such as are weak and tender by nature.

To the second I answer, that after you have taken sufficient and competent rest, it is good, before you arise out of your bed, that you gently rub and stroke downward your brests and sides; but your neck, shoulders, back, armes, hand-wrists, pinbones, thighes and legges more strongly with your own hand, or with an hot linnen cloth, doubled and heated for the purpose, or cause them to be rubbed, because it quickneth the bloud, and strengthneth the parts, by exciting the naturall heat. When you are risen, and before also, extend and stretch out your armes, legges, and whole body, that the animall spirits may be dilated to the exteriour parts; and the limbs by that meanes corroborated: then walke a little up and down, that the superfluities which shall be in the stomack and other parts, may the more speedily descend and be avoyded; and be very diligent to excrete the Vrine, and depose the excrements of the belly; and let not with lesse diligence the superfluities of the nose by exsufflation, and of the brest by expectoration be purged forth: for nothing is more hurtfull to the body, than the retention of the excrements. That done, wash and plunge your eyes

Frications.

in

in cold water, for that only clenseth away the filth, but also cleareth and preserveth the sight. And let the mouth be well clensed with cold water, and the teeth rubbed thereupon with a coorse dry cloth. It will be the better if a little vineger or white wine be sometimes added to the water, and the gums and teeth rubbed with a sage leafe or two dipped therein, or washed and clensed with the infusion aforesaid, and the teeth afterwards rubbed with a coorse dry cloth: for this purifieth the breath, and preserveth the teeth from corruption. Then let your head be well combed, that the pores may bee opened, to avoyd such vapours as yet by sleep are not consumed. And in the cold and moyst seasons of the yeere, let the head also be well rubbed with a coorse linnen cloth, somewhat heated: for thereby the naturall heat is excited, the pores opened, vaporous and rheumatick superfluities discussed and difflated, and consequently, the braine and animall spirits exceedingly comforted. Of this therefore, as also of rubbing the neck in like manner, I wish Students, and all such as are subject to rheumes, palsies, and such like affects of the sinewes, to have a speciall care.

Rubbings of the head and neck mornings with an hot cloth, very effectuall against rheums and cold infirmities of the sinewes.

All which being done for the body, let not your better part passe neglected, but before you betake your selfe to your studie, or such businesse as your place shall require, consecrate halfe an houre at the least unto Almighty God by pouring forth your thankfull soule unto him, for his gracious protecting you from infinite dangers and calamities that might have beene befaln you untill

this present time, with a true confession of your sinnes, with an hearty and unfained repentance for them, and with a sincere and setled purpose and determination for the amendment of your life in that poore and uncertaine pittance of time that shall remaine; wherein, besides your never enough thankfulnesse for blessings received, let the remembrance of your sinnes be bitter unto you; and cast not away your Soule by fashioning your selfe after this Pharisaicall and most sinfull time; but be holy, upright, uncorrupt, mercifull, peaceable; to shut up all in a word, labour by all meanes *to have alwayes a cleare conscience towards God and towards man*, and never forget that all your actions, how secret soever, or Pharisaically cloaked, shall in that great and fearefull day of accompts bee revealed. Wherefore in all your actions remember your end, and ever blesse God, and begin the day with a morning sacrifice to him, and then he will blesse the day unto you, and direct all youractions to the glory of his most sacred name, the good of your country, and preservation of your owne soules and bodies.

Of

Of Exercise and Rest.

Sect. XI.

Why ought Students, and all such as are studious of health, and that lead a generous course of life, to have speciall regard of exercise, and of avoyding immoderate rest? And as touching exercise, that it may be rightly used, how many things ought to be observed therein?

EXercise is so necessary to the preservation of health in Students, and all such as live a restfull and generous life, as that without it they cannot be long healthfull and without sickness: for by exercise and moderate motions, the naturall heat is increased, the spirits excited and dilated, the concoction and distribution holpen, the humors attenuated, windinesse resolved, the expulsion of all excrements furthered, the whole body strengthened, and youth prolonged. Of the contrary, by immoderate and sluggish rest, the naturall heat is extinguished, the concoction of the meats, and distribution to the parts hindred, the humours corrupted, the excrements retained, the whole

The commodities of exercise, and the discommodities of immoderate rest.

whole body dulled and effeminated, and all manner of obstructions caused, rheumes and other infinite diseases occasioned, and old age hastned, and all, by reason of crudities, and great store of fleame and excrementall humours thereby ingendred; and therefore idlenesse and immoderate rest is not unworthily ranked among the causes of cold diseases. And this is found true by dayly experience in agrestick men, and all such as lead a laborious course of life, who for the more part live longer, and in better health and strength, than they that live in bodily rest, or enjoy a generous state of living. Wherefore it is very behoveable for Students and all such as live not a laborious course of life, to support by exercise and voluntarie motions their health, and not by being too indulgent of their ease and rest, infringe their strengths, and subvert their state of body.

But moderate rest, and in convenient time observed, hath also its commodities: for when the body is tyred through over-much labour, and strength faileth, and naturall moysture decayeth, then rest for a time recovereth strength, reviveth the spirits, and refresheth the limbs. So the mind wearied with cares and studies, hath need of remission and relaxation, without which gratefull vicissitude, the vigor neither of mind nor body can long bee preserved, according to that of the Poet:

Quod caret alterna requie, durabile non est.

Three things to be observed in exercise.

Now that exercise may bee rightly used for the health of the body, three things are to be observed therein: The Place, the Time, and the Measure.

The

The place where exercise is to be used doth chiefly concerne the ayre, which must be cleare and pure, not vaporous or putrid, which as in habitation, so also in exercise is greatly to bee regarded: for the pores and passages of the body being open by exercise, the ambient ayre cannot but enter in, and bee also, by reason of the violence of breathing, vehemently drawne to the heart, which if it shall bee grosse, vaporous, or impure, cannot but very greatly offend the head, breed rheumes, annoy the heart; & corrupt the whole body: wherfore it is not good to exercise but in a good and wholsome ayre.

Now for the time fit for exercise, *Hip.* teacheth us plainly in three words, *Labores cibum præcedant:* Let exercise be used before meat. The time then most convenient for exercise, must needs bee when both the first and second digestion is compleat, and that the time approcheth to eat againe. But from the exercise, to the eating, there must alwaies intercede a little time of rest, as halfe an houre or more, especially if the exercise bee any thing violent, that the spirits and limbs may bee refreshed, and the humors in the body quieted and setled. Before exercise this caution must alwaies very carefully be observed, that the excrements of the belly and bladder be expulsed, that none of them by the violence of heat kindled by exercise, be drawne into the habit of the body, whereby the bloud may be corrupted, and very perilous obstructions occasioned. Wherefore it is not good to exercise, before the meat preassumed bee well concocted, and the excrements of the belly and bladder carefully deposed.

The fittest time for exercise.

A Caution, alwayes carefully to be observed before exercise.

posed. I will not here restraine any to certaine houres of the day for exercise, but as their occasions shall give leave, so as it bee done according to these three rules, that is, After the excrements are avoided: In a wholsome ayre: And before meat. Whereunto I will adde a fourth, And, not in the fervent heat of the day, *Ne duplici calore afficiatur corpus*, that the body bee not at once affected with the outward heat of the ayre, and the inward heat of the body raised by exercise: wherefore in exercise let the fitnesse of time bee alwaies observed. For untimely exercise doth greatly hurt the body, as to exercise immediatly after meale, or before the meat bee concocted: for thereby the naturall heat is drawn from the inward parts to the outward, the concoction consequently marred, and the whole body repleated with crude and noysome superfluities. Hence proceed obstructions, impostumes, scabs, and oftentimes ulcers, as is to be seen in divers that unadvisedly labour or exercise immediatly after meat, or before it be sufficiently concocted. Yet to rise up after meat, to stand and to walk softly, is very good: for by this meanes the meats doe sooner descend to the bottome of the stomack, and the naturall heat is also somwhat stirred up, whereupon doth follow the speedier and better concoction. Wherefore I cannot but very greatly commend walking after dinner in the Summer season in a cold Arbour, and after supper in the temperate and hot seasons of the yeere, in open plaine fields, or in sweet meddowes nigh to pleasant rivers: for the digestion is not only

The discommodities of untimely exercise.

Walking after meat very profitable.

ly holpen thereby, but the ſpirits are alſo delighted, the whole body refreſhed, and the fumes ariſing from the ſtomack diſcuſſed. And if your ſtate of body be ſuch, as that you cannot walk after meale, yet ſtand at leaſt, according to the old verſe;

Poſt paſtum ſtabis, paſſu mollive meabis.

To conclude this point, I do here therefore counſell all Students, and ſuch as live generouſly, to labour neither in body nor mind immediatly after meat (for as of the body, ſo alſo of the mind ought the exerciſes to bee ſeaſonable; for untimely ſtudies do ſoone weaken the ſtrengths both of the body and mind) but to ſpend an houre in gentle walkings, and pleaſant diſcourſe. And thus much concerning the time convenient for exerciſe.

The meaſure of exerciſe: 1. how long we ſhould exerciſe.

Now I come to the meaſure of exerciſe, a meane wherein, as in all other things, is beſt, which by two notes may chiefly be diſcerned: The firſt is, by the burſting forth of ſweat, and hot vapours: The other, by the wearineſſe of the limbs: for when the skin ſhall be wet with ſweat, it ſhall be good to diſiſt from exerciſe, leſt by proceeding therein, not only the ſpirits and good humours bee exhauſted, but alſo the fat annexed to the Liver, Reines, and Inteſtines, whereby the naturall heat of thoſe parts is preſerved, bee melted, or at leaſt cauſed to putrifie; by meanes whereof, if ſudden death enſue not, as oftentimes it doth, the concoction is weakned, and the body become ſickly, withered, and impatient of cold. And when the agility of the limbs ſhall begin to faile, it ſhall bee good to deſiſt, leſt over-much wearineſſe and feebleneſſe ſhould enſue. Here ther-

The diſcommoditie of immoderate exerciſe.

fore it is to be advertiſed, how great and laborious exerciſes do evilly diſpoſe the body, and ſubvert the ſtate thereof, and that the beſt and moſt profitable exerciſes, for them that are ſound and healthfull, are walking, bowling, *Et parvæ pilæ ludus*, the racket, and ſuch like eaſie exerciſes. For it is certaine, that for ſuch as are healthfull, it is ſufficient by exerciſe to encreaſe the naturall heat, to excite the ſpirits and expell the excrements, which the aforeſaid exerciſes do well effect, without any great trouble or laſſitude of the body. Wherefore the true meaſure of exerciſe is, not to bee overwearied therewith, nor too ſuddenly to ſweat and raiſe the ſpirits. But a meaſure in exerciſe cannot rightly be limited, without reſpect had to the conſtitution and ſtate of body, becauſe the phlegmatick, and all ſuch as are of a full ſtate of body, require more often and more laborious exerciſe than others, for exciting the naturall heat, diſcuſſing the ſuperfluous moiſture, and abating the groſſenes of the body: for by how much fatter and groſſer the body is, by ſo much the naturall heat is diminiſhed. Wherfore for exciting the naturall heat, and diſſolving the ſuperfluous moiſture of the body, which is the cauſe of groſſeneſſe, I adviſe the phlegmatick, & all ſuch as are apt to be groſſe, to accuſtom themſelves in the mornings to ſpeedy walkings, and that up againſt hils or other ſteep places, and at other times convenient, to ſtrong and laborious exerciſes; yet with this caution therein, that they do not ſo much exceed the meane, as to cauſe overmuch wearineſſe and weakneſſe to the body.

Phlegmatick and groſſe bodies need oftner and ſtronger exerciſe than other.

Of

Of the contrary, to the cholerick, and all such as are of a dry and leane state of body, easie and light exercise is convenient, and that also no longer to be continued, but till the colour and flesh is somewhat ruddy, and the sweat begins to break forth. For if they should proceed further, or use more quick and vehement motions, the spirits would be soon exhausted, the body distempered and brought into an Atrophy or Consumption. They therefore that are of a very hot temperature, and of a leane and dry state of body, ought not at any hand to use any strong motions or exercise of body, but walking, bowling, and such like easie motions are abundantly sufficient for them.

To leane and cholerick bodies easie and light exercise is convenient.

As touching exercise also, the time of the yeere ought not altogether to be neglected: for in the Summer, by reason of the ambient heat of the aire, lighter exercises are more convenient, than at other times. In the Spring the exercise ought to be somewhat stronger, that the superfluities, which by reason of the Winter are congested in the body, may be resolved. But in this season let such as are of an hot temperature of body beware, lest by over-much motion, they over-heat and distemper it. But in the Autumne, and especially in the Winter, strong and laborious motion of the body is most convenient, because it dissolveth, and dissipateth grosse humors, helpeth the breathing, by removing the obstructions of the brest, occasioned by the moysture of the season, and is therefore specially necessary and profitable for grosse and phlegmatick bodies.

The time of the yeere ought to be respected in the exercise.

A caution to be observed after exercise.

I will conclude this Section, by adding one caution to be observed after exercise, and which is of very great moment; that is, that the body take not cold after the exercise: because it greatly weakneth the naturall heat, the braine, and the sinewes; and inducеth oftentimes swounings, by a sudden obstruction of the pores, and barring in of vaporous moysture, that should by them breathe forth. And thus much concerning the true use and utilitie of exercise.

Frication, the necessity and utility thereof.

Now for those that cannot exercise their bodies at convenient times, by reason of great weakness, frication, or rubbing of the body (*Quæ inter exercitationem & omnimodam quietem media est*) may well be used in stead of exercise: for it exciteth the naturall heat of the parts, openeth the obstructions of the skinne and flesh, draweth the humors from the superiour parts to the inferiour, from the inward to the outward, from the noble to the ignoble, whereby great comfort and utility is brought to weak and sickly bodies. Moreover it procureth sleep; but the belly and the stomack must not be perfricated, because it will trouble the concoction, offend the head, and occasion the distribution of crudities into the body. The application of a double cloth upon those parts, well heated for the purpose, during all the time of frication, is very necessary for the conservation of the heat of those parts, and discussing of wind. Neither must the reines of the back be rubbed, unlesse there be a sensible feeling of cold and wind in them, and then they must bee gently stroked, lest

over-

over-heating them, obſtruction and nephritick paſſions be occaſioned. The manner of uſing fricacies, muſt be with the hand, or a coorſe linnen cloth; firſt, ſoftly and eaſily; afterwards, faſter and harder, as the tenderneſſe of the skin ſhall permit, untill the fleſh ſhall as it were ſwell, and be ſomewhat ruddie: then deſiſt; for a mediocrity even in frication muſt be obſerved. As for the time, the morning and evening are beſt for fricacies: and what parts are fitteſt for frication, I have ſhewed towards the end of the precedent Section. To conclude, fricacies are very needfull and profitable for the aged, the impotent, and ſuch as are barred of exerciſe, by reaſon of daily and waighty buſineſſe.

Of Excretions.

SECT. XII.

Why doth the health of the body much conſiſt in the due and daily avoyding of the generall excrements?

THe generall excrements of the body, are thoſe of the three concoctions, the ſtoole, the urine, and the ſweat: for every concoction hath his excrement, or ſuperfluitie; and becauſe they are altogether unprofitable, being excrements, not only

ly in quantity, but also in quality, they ought every day, to the ease and health of the body, to be avoyded; for, being retained longer than is fitting, they become very troublesome and pernicious to the body. Wherefore such as are studious of their health, must be very carefull daily and opportunely to avoyd the excrements of the belly and bladder. And if your belly shall be naurally soluble, account that in regard of your health, for a great felicity. For they that have their belly naturally loose and open, so it be not immoderate, and more than their state of body, in regard of the grossenesse or tenuity thereof shall require, are not easily affected with sickenesse: whereas, of the contrary, they that have the same bound up, and have seldom the benefit of nature that way, have for the most part, often conflicts with sickenesse. I say, for the most part, in regard of some exceeding hot cholerick bodies, who in regard of their strong naturall heat, that concocteth with few superfluities, have commonly costive bodies, and yet enjoy perfect and absolute health. Wherefore I advise all such as are studious of their health, to have speciall care, that their belly expurge it selfe daily, twice, or once at the least. For the keeping of those ordinary and daily excrements, is very offensive to the body, by reason of the noysome fumes that ascend from them, which of all other parts doe chiefly annoy the head, causing dimnesse of the sight, dulnesse, heavinesse, headach, inflammation of the head; and not these only of the head; but the mind it selfe is oftentimes hereby disturbed, and melancholick-

Health doth greatly consist in a soluble belly.

ly

ly affected. Here some may demand, why the excrements of the best tempered man, are of a more noysome or stinking savour, than of other creatures?

The reason is, because man useth a more moyst and various nourishment, and leadeth a more resty kinde of life, by meanes whereof he collecteth more superfluous moysture: for of superfluous and excrementall moysture comes putrefaction, of putrefaction an ill savour. But other creatures use a more simple, and dry kind of food, whose excrements therefore are the drier, and consequently lesse stinking, for want of moysture that ministreth matter for corruption. From hence the wholsomnesse of a plain and simple diet may seeme to bee inferred, and preferred before a greater variety. But for this, I referre you to the eighth Section afore going, where I have at full resolved this scruble.

And how beneficiall it is for the health, to procure sweat by exercise, I have shewed in the former Section; and therefore I shall not heere need much to insist therein. Nature verily hath to no other purpose made the skin full of pores, but that there should be free passage thorow it for sweat and insensible vaporations. I shall not heere need to shew, that it is not convenient for very hot and dry bodies to provoke sweat: or of the contrary, for cold, moyst, and phlegmatick bodies very needfull; nor yet, in procuring of sweat, that there must be speciall care had, as in all other kinds of evacuations, that it be not immoderate, and deject the

ſtrengths: for all this is at large ſhewed in the former Section.

Beſides theſe generall excrements, there are alſo particular, as thoſe of the braine, and breſt, which being retained and not liberally excreted, do greatly annoy and affect thoſe parts. Wherefore the excrements of the braine muſt daily be avoyded thorow the mouth by ſpetting, and excreation, thorow the noſe by exſufflation, and alſo ſometimes by ſternutation, eſpecially in the mornings; and thoſe of the breſt by coughing expectorated. And thus much for excretions, which are offenſive both in quantity and quality. Other excretions there are, not ſimply neceſſary, but at ſometimes; as that of *Venus*, and the menſtruals, which are excrements naturally good and profitable, in quantity only reputed excrements; and therefore not to be avoyded, but when they are encreaſed to ſome quantity, or by meanes thereof begin to be burthenſome; and being at ſuch times avoyded, the body and all the faculties thereof, are the better preſerved in a lively and ſound integrity. But when they ſhall ſo abound, as to be troubleſome to the body, if they are not avoyded, but ſubſiſt ſtill in the ſame, they ſoone putrifie, and acquire an ill quality, and produce moſt grievous ſymptomes. And it is all as bad in the other extreme, if they be immoderatly avoyded: whereof I would have all ſuch as are intemperatly addicted to *Venus*, to take notice, unleſſe (to ſpeak all in a word) they deſire to have their bodies waſted, and ſpirits conſumed. Whereof thoſe that are of a melancholick, or dry cholerick conſtitu-

ſtitution, muſt be moſt warie; for ſuch are ſooneſt, and that very quickly, hurt by *Venus*. Other things which concern theſe excretions, I let paſſe, as not fitting for this Treatiſe.

Whether the procuring of ſweat in an artificiall Bath of warme water, or in a Stove or Hot-houſe, be expedient for the preſervation of health.

I Have before ſhewed how beneficiall it is for the health of the body, to procure ſweat by exerciſe: but ſeeing that it is not fitting for the body that all men ſhould, neither can all, by reaſon of infirmity, provoke ſweat by exerciſe, I have of purpoſe propoſed this *Quære*. Whereunto I anſwer, that in defect of naturall hot Baths, Sweating may be procured by artificiall Baths of warme water, or in Stoves, according as the conſtitution and ſtate of body ſhall require. Artificiall Baths were in great uſe and requeſt with the antient Greeks and Romans: for there ſcarcely paſſed a day, wherein they bathed and waſhed not themſelves. But this cuſtome is wholy gone out of uſe, becauſe it makes the body nice and effeminate, and ſubject to every change of ayre. Nevertheleſſe artificiall Baths rightly uſed, are very profitable for ſome bodies, namely, for ſuch as are leane, and of a dry melancholick temperature, or that are of a rough or denſe habit of body: for they relax the pores, mollifie and moyſten the dryed parts, lenifie the skin, and help the perſpiration, or breathing forth of fuliginous ſuperfluities thorow the

same, which cannot but free the body from fevers, and many other maladies. But in the use of artificiall Baths three cautions are to be observed. I will but name them. The first is, that not any one go into them without fit preparation, that is, unlesse the body be naturally soluble before, or made so by Art. The second is, that they be not used in exceeding cold or hot seasons. The third, that they be shunned of them that are subject to a defluxion of humors to any infirme part, whether inward or outward. As for the time best to go into them, it is an houre more or lesse before bed-time, according as you purpose to make your stay therein, because they procure sleep, by sending up sweet and pleasant vapours to the braine, having made a slender supper, and that at least two houres before. As artificiall Baths are very requisite for leane, and dry melancholick bodyes: so are Stoves or Hot-houses for phlegmatick, and all such as are of a moyst and grosse habit of body: for they mightily procure sweat, consume crudities, strongly dry, enleane, and corroborate such bodies. But let such as have feeble spirits, and that are weak by nature, utterly refraine them, because they quickly exhaust feeble spirits, and cause swouning. Stoves are in little use with us, but with the Germans and other Northern nations very much. The Turks bestow so great cost upon their Hot-houses, as the ancient Romans did about their artificiall warme Baths: for in Constantinople you may behold large and stately Stoves, and many sweating in them at once, and when they have sweated sufficiently, they betake

take themselves into Cells, or little houses close adjoyning, wherein is a vessell of warm water, and another of cold to mixe therewith, if it shall be too hot, and so wash all their body over: which I approve as very necessary and healthfull after such sweatings, because it purifieth the skin, and mundifieth away such viscous superfluities, which otherwise will be apt to adhere and obstruct in the pores.

Of Perturbations, or Passions of the minde.

SECT. XIII.

Seeing that the Passions of the minde are inevitable, & secundam naturam nobis succrescant, *borne with us, and bred up with us, why are they reputed as morbificall causes, and hurtfull to the Body?*

I Will not here stand to discourse of the objects of Perturbations, nor how the sensitive facultie is the fountaine of them; nor how they are the naturall motions of the heart, and that by means of the spirits, which are the primary instruments of the soule, as things altogether impertinent for

this place; but how they are to be reputed as morbificall causes, and hurtfull to the body.

Animi passiones, dum intra modum consistunt, & neque animam à consuetis, & naturali moderatione & virtute dimovent, non animi perturbationes, sed actus *jure dicentur:* and in this respect they are said to be inevitable, *& secundum naturam nobis succedere: to be naturall, & utiliter à natura dari.* These Passions, *Cicero Leves perturbationes optimè dixit. Verùm cùm modum excesserint, & hominis decentem harmoniam, & elegantiam, ac modum naturali debitum mutaverint, tunc quidem animi passiones seu perturbationes jure optimo dicendæ sunt, & vitandæ, ut corpori & animæ noxiæ.* The passions therfore of the mind are not to be reputed hurtfull, or numbred among the causes of sicknes, but when they shall exceed and be immoderate, & so becom perturbations indeed: for then they greatly alter the body, weaken and overthrow the faculties thereof. I will instance in some: Immoderate joy relaxeth the heat, and causeth such an effusion of the spirit, as that oftentimes ensue sickneſſe, great debility of the body, swounings; and, as we read of some pusillanimick or faint-hearted persons, death it selfe. Sadneſſe and feare, of the contrary, do straiten and presse the hearr, weaken the spirits, and naturall heat, and cause them to be contracted to the heart, by meanes whereof, the digestion of the meats, and distribution is hindred, and the remote parts left destitute of heat: and from hence proceedeth that vacillation or trembling of the limbes in them that are affected with feare: Moreover, sadneſſe

Immoderate joy.

Sadneſſe and feare.

neſſe and feare, in continuance, dry the body, reſolve the ſtrengths, ruinate the Senſes, and induce melancholick ſickneſſes, by exſiccating the blood and ſpirits neere the heart.

From whence proceed the trembling of heart in them that are affected with feare ?

Here ſome may demand, that if trembling of the limbes proceed from the defect of heat in the parts, and if feare draw the heat and ſpirits inward, eſpecially to the heart, why the heart doth tremble in them that are affected with feare? Whereunto it may be anſwered, that although feare force the heat and ſpirits inward, yet it compels them not to the heart ſtrong and lively, but weakned and abated: *Nam in metuentibus craſſeſcunt ſpiritus & ſanguis, fiuntque imbecilliores frigore*, and that by reaſon of the imagination, which is earneſtly bent and troubled in preventing and withſtanding the imminent miſchiefe and perill. And from hence it is that the heart is not only ſtraitned, and doth tremble in feare, but alſo that many ſwound, die, and are exanimated with ſudden feare, the heat and ſpirits being extinguiſhed by overmuch blood conglobated in the heart. *Dum enim anima timore concutitur, ut vitæ conſulat, ſanguinem & ſpiritus cuſtodiæ gratia repentè ad interiora & ad cor præcipuè, quod corporis quaſi princeps eſt, invocat & contrahit.*

Anger ſtirreth up the naturall heat, breedeth choler, and inflameth the blood and ſpirits. And here it is to be obſerved, that though Anger be reputed a morbificall cauſe, and hurtfull to the body; yet not alwayes and alike to all bodies: for to phlegmatick and dull bodies it is ſometimes very neceſſary

neceſſary to the preſervation of their health, becauſe the naturall heat, being therewith ſtirred up and encreaſed, doth the better concoct, diſcuſſe, and conſume their crude and moyſt ſuperfluities. Whence it is manifeſt, *Animi paſſiones poſſe mutare corpus, & affectus ejuſdem contrarietate ſanare, & ob id utiliter à natura dari.* Let me not be miſtaken, in approving Anger to be ſomtimes healthfull for phlegmatick and dull bodies, as that in their paſſion, they ſhould fall into that moſt deteſtable truculent and megereon kind of furie, from whence ariſe tumults, ſtrifes, homicides, and the like miſchiefs; but the Anger which I here allow is that, which by the bridle of Reaſon is reſtrained from furie. And this is the Anger which is the true affection, and paſſion of the minde, and which together with the ſpirit doth diverſly diſturb and diſtemper the bodie. And this kinde of Anger is to all hot, drie, and leane bodyes moſt hurtfull, becauſe it quickly overheateth them, aduſteth their blood, dryeth the ſubſtantiall moyſture, and reſolveth the ſtrengths. And therefore let ſuch as are by conſtitution hot and dry, eſpecially labour for Patience, which is the only ſpecificall remedie againſt the unbridled affection of Anger.

Anger moſt hurtfull to hot and drie bodies.

Wherefore, ſeeing that the affections and perturbations of the mind are of ſuch force for the overthrowing of the health and welfare of the body, I adviſe all ſuch as are reſpective of their health, to bridle all irrationall motions of the mind, by the reaſon and underſtanding, and labour by all meanes to obſerve a mediocrity in their paſſion,

Salubre conſilium.

passion wherein consisteth the tranquillity both of mind and body, which of this life is the chiefest happinesse. To couclude this Section, and to ad a period to this Work; among all the affections of the mind, beware chiefly of Sadnesse, for it drieth the bones; and embrace moderate joy, for both body and mind are bettered thereby: and that your joy may be joy indeed, strive, without halting, to enjoy withall the joy of a good conscience, by living soberly, uprightly, and godly in this present world: *Non enim habemus hic manentem civitatem:* For we have here no continuing place of abode: but we seeke one to come, whose maker and builder is God, and who to that end hath called us out of darknesse into his marvellous light. Let us therefore rejoyce alwayes in the Lord, and sanctifie him in our hearts, abstaining from every evill deed.

FINIS.

THE BATHS OF BATHE:

OR,

A NECESSARY COMPENDIOVS Treatiſe concerning the Nature, Vſe, and Efficacie of thoſe famous Hot Waters.

Publiſhed for the benefit of all ſuch as yeerely for their health, reſort to theſe Baths.

With an Advertiſement of the great utility that commeth to mans body, by the taking of Phyſick in the Spring, inferred upon a Queſtion moved, concerning the frequencie of ſickneſſe, and death of people more in that ſeaſon, than in any other.

Whereunto is alſo annexed a Cenſure, concerning the Water of Saint *Vincents* Rocks neere *Briſtoll*, which is in great requeſt and uſe againſt the Stone.

By To. VENNER *Doctor of Phyſick in Bathe.*

LONDON,
Printed by *R. Biſhop* for *Henry Hood*, and are to be ſold at his ſhop in Saint *Dunſtans* Churchyard in Fleetſtreet, 1637.

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Wherein is alſo treated a Queſtion concerning the Waters of Saint Vincents Rocke near Briſtoll, which is in great requeſt and ufe againſt the Stone.

By T. VENNER Doctor of Phyſick in Bath.

LONDON,

Printed by R. Bifhop for Nicky Bland, and are to be ſold at his Shop in Saint Dunſtans Churchyard in Fleetſtreet. 1628.

SERENISSIMAE
PRINCIPI
MARIÆ,
ANGLIÆ, SCOTIÆ,
FRANCIÆ, ET
HIBERNIÆ
REGINAE,

HOC DE THERMIS BATHONIENSIBVS OPVSCVLVM humillimè dedicat & consecrat

TO. VENERUS
Med. Dr.

TO THE READER.

GOod Reader, *seeing in the time that I have exercised Physick at the Baths, the yeerely concourse in the Spring, and Fall, of people of all sorts, and from all parts of this Kingdome, to those famous Waters; and the little benefit that many after great expence and trouble receive thereby: I was induced to publish this ensuing Treatise, wherein I have very briefly shewed the nature and efficacie of those Waters, touched the causes that many find not comfort, but oftentimes rather hurt, that resort to them; with such advertisements concerning the use of the said Waters: which if they be rightly observed, I am perswaded, few will hereafter complaine that they have beene at the Baths in vaine, and so the Waters regaine that esteeme which in respect of their singular vertues they are worthy of. But here you must take from me this one advertisement, which is*, That Sicknesse is a Symptome of Sinne: *And therefore first*, Pœnitentiam agendo, *before your departure from home, make peace betwixt God and your conscience, and then repaire to the Baths*, quò te faustum ducat, atque sanum reducat, qui solus id potest. *Vale.*

THE

THE BATHS OF BATHE.

BATHE, so called from the Baths in it, is a little well-compacted Cittie, and beautified with very faire and goodly buildings for receit of strangers. Although the site thereof, by reason of the vicinity of Hills, seeme not pleasant, being almost invironed with them; yet for goodnesse of ayre, neernesse of a sweet and delectable River, and fertility of soyle, it is pleasant and happie enough; but for the hot waters that boyle up even in the middest thereof, it is more delectable and happier, than any other of the Kingdome.

There are in it foure publick Baths, so fairely built, and fitted with such conveniencie for bathing, as the like (I suppose) is not else-where to bee found; besides a little Bath for Lepers, called The Lepers Bath,

Concerning the Minerals from which these waters

ters receive their medicinable vertu, it is principally from Sulphur with Niter and some Bitumen: and that they have their tincture from these, it is evident by their effects: for they heat, they dry, discusse, resolve, attract, mollifie, clense, &c. what else may lie hid in the earth from whence these waters issue, I know not; but of this I am sure, that such diseases as cannot receive cure else-where, heere yeerly doe.

Kings Bath. These Baths as they differ in their heat, so in their operations and effects. The Kings Bath is the hotteſt, and it is for beauty, largeneſſe, and efficacy of heat, a Kingly Bath indeed, being so hot as can be well suffered. This Bath is of strong-heating, opening, resolving, attracting, and exsiccating faculty, and therefore only convenient for cold and moist bodies, and for cold and moist diseases.

Hot Bath. Next to the Kings Bath for efficacie of heat, is the Hot Bath, and the difference in their heat is very little. This Bath is good for the same infirmities that the Kings Bath is, and for the effects which it worketh, I cannot find it to be inferiour unto it; but rather for any limbe that is weakned and relaxed, I find by experience, that it is more effectuall than it, or any other of our Baths. This and the Kings Bath are two excellent Baths for cold and moist diseases, and for very cold and moist bodies.

Queenes Bath. The Queenes Bath is a member of the Kings Bath, a wall only going between them, with a passage therein to goe from one to another. This Bath is not altogether so hot as that, and therefore the

the use of it is convenient for them that cannot well endure the heat of the Kings Bath.

The Crosse Bath is for heat the mildest, being very temperatly warme: it is a dainty Bath for young, weake, and tender bodies, that cannot endure the heat of the hotter Baths, or for whom the hotter Baths may not bee convenient. It is an excellent Bath for temperate bodies, by way of preservation, because such the hotter Bathes may soone distemper, and occasion hurt: Neither is this Bath good onely for such as are of a temperate state and constitution of body by way of preservation; but for them and others also by way of curation, in some cases, where the hotter Baths are not fit to be used. This Bath, by reason of the mildnesse of its heat, is of a notable mollifying and relaxing faculty: good therefore in contractions of any member, in obstructions of the brest, spleene, liver, and kidneys; and effectuall also for Aches, when it is in its prime and vigour of heat, especially for such, whose temper or habit of body shall prohibit the use of the hotter Baths. This Bath attaines not to its perfection of heat, till the weather grow to be constantly hot, and when the other Baths, by reason of the fervour thereof, cannot be used, but by such whose diseases, and state of body are impensively cold.

I cannot, in regard of the diversity of bodies, insist upon every particular in the use of these Baths: wherfore I will only for your better instruction and direction herein, give you some speciall advertisements, and thereupon leave you to some Learned Physician, that can accordingly guide you in the use of them.

The vertue of the Baths in generall.

These famous hot Waters are of singular force, not only against diseases gotten by cold, or proceeding from a cold and moyst cause, but also bring, in time of health, exceeding comfort and profit to all cold, moyst, and corpulent bodies: for they open the pores, resolve, attenuate, digest, consume, and draw forth superfluities, and withall strongly heale and dry the whole habit of the body.

They are of excellent efficacy against all diseases of the head and sinewes, proceeding of a cold & moist cause, as Rheumes, Palsies, Epilepsies, Lethargies, Apoplexies, Cramps, Deafnesse, Forgetfulnesse, Trembling, or weakenesse of any member, Aches, and swellings of the joynts, &c.

They also greatly profit windie and some hydropick bodies, the paine and swelling of any part of the body, so that it proceed not from an hot cause, the sluggish and lumpish heavinesse of the body, numnesse of any member, paine in the loynes, the gout, especially the Sciatica, cold tumours of the Milt and Liver, the Yellow Iaundies in a body plethorick or phlegmatick.

They are also very profitable for them that have their lungs annoyed with much moisture; and to make slender such bodies as are too grosse, there is nothing more effectuall, than the often use of these waters. Wherefore let those that feare obesitie, that is, would not waxe grosse; be carefull to come often to our Baths: for by the use of them, according as the learned Physician shall direct, they may not only preserve their health, but also keep their bodies from being unseemingly corpulent.

They

They are also singularly profitable to women; for they help them of barrennesse, and of all diseases and imperfections of the Matrix, proceeding of a cold and moist cause. They also cure all diseases of the skin, as Scabs, Itch, old Sores, &c. All which to be true, we daily find with admiration, to the exceeding great comfort of many, who with deplored diseases, and most miserable bodies, resort to these Baths, and are there by the help of wholsome Physick, and vertue of the Baths, through the blessing of Almighty God, recovered to their former health.

Hot Baths hurtfull to hot and dry bodies.

But Baths naturally hot (as these our Baths are) to bodies naturally hot and dry, are generally hurtfull; and so much the more, as the body is dryer, and the Bath hotter, because it distempereth and consumeth the very habit of the body, and maketh it carrionlike leane.

Wherefore seeing that these our Baths are not indifferently agreeable to every constitution and state of body, I do advise, that not any one goe into them rashly, or upon a prepostorous judgement; but that he be first advised by some faithfull, judicious, and expert Physician; and to him expose the state of his body, whereby he may understand, whether or no it may be expedient for him to attempt the same. And whereas there are in Bathe divers Baths, as I have shewed; and they differing in their heat, and accordingly in their effects, hee must also from the learned Physician bee directed in which to bathe: neither must hee only understand which Bath to use, as most convenient for his state of body; but

alſo when and how often to uſe the ſame, and how long to abide therein at a time. Beſides this, hee muſt take ſpeciall care, not to go into the Bath without fit preparation, (which is a groſſe error of many) but muſt bee firſt purged, as his ſtate of body ſhall require; and bee alſo directed in other things how to order himſelfe, before hee go into the Bath, while he is in the Bath, after he is come out of the Bath, and when hee leaveth the Bath: and muſt alſo with his bathings and ſweatings uſe ſuch Phyſick-helps, as may work with the Baths, according as his diſeaſe and preſent ſtate of body ſhall require; not relying wholly upon the uſe of the water for his cure, as many ignorantly, and ſome baſely doe, to ſave their purſe. The neglect of all theſe, or of ſome of them, either through ignorance, or voluntary wilfulneſſe, is the cauſe, that ſome that take great paines to come to the Baths, are not by them healed of their infirmities, but oftentimes never returne to their homes againe; or if they doe, it is moſt commonly with new diſeaſes, and the old worſe than ever they were: wheras many of a generous and religious underſtanding, uſing the true helps of Phyſick with the Baths, are of their diſeaſes perfectly cured.

As not to go thereinto upon a full ſtomack, &c.

Here I may not omit a ſpeciall reaſon, why many receive little benefit by the Baths, but oftentimes much hurt; and that is, becauſe they take not the aid and directions of a Phyſician preſent, in the uſe of the Bath; but bring their phyſick and directions with them from ſome Phyſician in the Countrey where they abode; perhaps, one that well underſtands

ſtands not their ſtate of body, much leſſe the nature and true uſe of the Baths. But admit that they have their directions from an underſtanding Phyſician, yet I muſt tell them, that many accidents fall out oftentimes in bathing, that require the help of a preſent Phyſician.

Another ſpeciall reaſon why many find little good by the Baths, is, becauſe they make not ſuch ſtay at them, as in regard of their infirmities, or ſtate of body, is meet: for ſome go away before the Bath (in regard of a denſe habit of body) hath wrought any manner of effect at all on them: others even then when the Bath begins to ſhew its force and efficacie on their bodies: and ſome too ſoone upon much benefit received: by meanes whereof they eaſily incurre a relapſe. Wherefore my counſell herein unto you is this, that you limit not your ſtay at the Baths before you depart from your homes; but in that be adviſed and ruled by your Phyſician, when you are at the Baths, according as he ſhall find to be meet for your infirmites, and ſtate of body: and think not to receive in foure, five, or ſix weeks an abſolute cure for an infirmitie, which perhaps you have borne two or three yeeres, notwithſtanding all the helps and meanes you have uſed for the ſame in your owne Country. Wherefore let your abode at the Baths be, as it ſhall be requiſite for your ſtate of body, and limit not the time, no not to a Spring, or a Fall; for it may be needfull for you to reſide there the whole yeer, it may be more: for otherwiſe by your untimely departure, you may loſe the good you have got-

ten by the Bath, before the time come that you ſhall think to be fit for the uſe of the Baths againe.

But here I know you will object againſt me, ſaying, Is it good to make uſe of your Baths in the Summer & Winter? Are not thoſe times by all learned and judicious Phyſicians prohibited for bathing in hot Baths? Whereupon grew the cuſtome of frequenting them in the temperate ſeaſons of the yeere, namely in the Spring and Fall?

Whereunto I anſwer, and firſt, that bathing in our Baths in Summer, taking the coole of the morning for it, if the ſeaſon ſhall be hot and Summer-like, brings much more benefit to the body, the diſeaſe being of a cold nature, and proceeding from a cold and moyſt cauſe (for ſo you muſt conceive me) than in the Spring or Fall, when oftentimes the coldneſſe and variableneſſe of the aire takes away the benefit of your bathing: for cold, or vaporous aire entring into your body after bathing, the pores being open, doth not only very greatly annoy the ſpirits, and principall parts, occaſion wind and tortures in the bowels, but alſo induce oftentimes irrecoverable affects to the ſinewes and joynts. But if ſeaſons that are conſtantly warme, be beſt for bathing in our Baths, and cold times hurtfull, why ſhould any reſide at them in the Winter? I anſwer, That it is good for them that are in the way of cure, by reaſon of their former bathings; and that the waters are in their nature as effectually hot in the winter, as in any other time of the yeere; only the ſuperficies, or upper part of the Bath is cooled by the windes. But in the Winter there are

ſome

ſome calme dayes, in which the diſeaſed body lying neere to the Baths, may well and ſafely bathe, without any offence or danger in taking of cold after: for he may keep himſelfe in a warme chamber, having nothing elſe to doe, or take care for, but for his health.

And here I cannot but reprehend the error of moſt people, that at the end of May depart from our Baths, and after that moneth, I know not out of what prejudicate opinion, altogether refraine to come to them, till the Fall: perhaps they do this, ſuppoſing, that after the Spring, till the Fall come againe, the Baths loſe their vertue. I muſt tell them, if this be their conceit, that they are in a great error; for the waters loſe not their vertue at any time, only the diſpoſition of the ambient aire may make them leſſe fit to be uſed at one time than at another. But I would have you to know, and as I have afore-ſhewed, that our Baths may as profitably be uſed in Summer, as in the Spring; and moſt commonly with farre better ſucceſſe in the whole moneth of Iune, than in any of the former moneths, and that in regard of the conſtant temperature of this moneth, and the variable diſpoſitions of the moneths preceding. I am perſwaded, that this untimely going from the Baths at the very approch of Summer, hurts many, and overthrowes the good they have received by them. Wherefore my advertiſement herein is this, that they which reſort to the Baths for prevention of ſickneſſe, or ſuch hereditarie diſeaſes as they feare will befall them, depart from the Baths about the end of the

Spring:

Spring: but such as go to them for diseases already fixed, abide there the whole Summer, and longer too, if there shall be occasion.

And admit that after the moneth of Iune the weather be too fervently hot to bathe in the hotter Baths; yet the Crosse-Bath, which for heat is the mildest, being, as I have said, in its nature temperatly hot, attaines not to its efficacie and perfection, till the weather be constantly warme, which for the most part happens not till towards the end of May, or the beginning of Iune. The use of which Bath is of excellent efficacie, not only in the moneth of Iune, but after also, yea, all the Summer, according as the state of the body, and disposition of the season shall permit: wherein I leave you to the counsell and direction of some learned Physician resident at the Baths.

And now also I must advertise such, as in the declining or Fall of the yeere, which we call the Autumne, shall for the health of their bodies repaire to our Baths, that they deferre not their comming till the middle of September, or after, as many ignorantly do; but that they rather be there shortly after the middle of August, that they may have time sufficient for bathing, before the aire grow to be too cold, as commonly it is in October, especially towards the end thereof. But perhaps, some out of an ignorant timorousnesse will object; That to come to the Baths before the Dog-dayes are gone, or too soone upon them, is hurtfull? Herein they are more scrupulous, than judicious: but to yeeld them some satisfaction, I answer; Besides the

the often alteration of seasons from their temperature in our Northern Climats, that though the middle part of the day in the later part of August shall be hot, yet the mornings and evenings (which are the times for bathing) begin then to be cold, and decline to a temperature. And the heat of the day growing on upon the bathing, is that which we specially respect for the health of our patients, for whom we approve the use of the Baths. Wherfore such as for the health of their bodies repaire to our Baths, shall (if they be there in the later part of August) receive a double commodity: for first they shall have the whole moneth of September very convenient for bathing, and Physick also, as shall be occasion; yea, and part of October, as the disposition of the season shall permit: next, sufficient time for their returne to their homes, before the aire grow too cold, or the weather distempered; for to take cold betwixt the bathings, or to expose the body to travell in foule and intemperate weather, upon the use of the Baths, induceth (the pores being open) besides Feverous distemperatures, and ventosities, oftentimes very great and dolorous affects of the Braine, Brest, Sinewes and joints.

I may not let passe how certaine accidents now and then befall some in their bathings; as weakness and subversion of the stomack, faintnesse, and somtimes swounings; and these the Physician must take speciall care to prevent, which may be occasioned by meanes of the Sulphurous vapours of the

Bath: yet I must tell you, that these, or the like accidents our Baths do seldome occasion, especially the Crosse Bath; but in them they are weak by nature, that are subject to swouning, or go into them preposterously, without fit preparation and direction. And the reason is, because our Baths being large, and having not the corporall substance of the minerals in them, nor in the cavities neere adjoyning, the vapours are the lesse noysome, not so grosse and adusted; and therefore not quickly offensive, but to them that are very weak by nature, or as I have said, go into them without fit preparation, or make longer stay in them than is meet.

Baths Technologi with them that resort to those Baths.

And here I cannot but lay open Baths Technologie, or deceitfull dealing with such as for the health of their bodies resort to those Baths, wherin I am sure to gaine little thank. But I passe not for it, my purpose being to discharge a good conscience, and to doe my Country good. The thing therefore that I would have you to take notice of, is, how the people of that place that keep houses of receit, and their Agents (for such they have in every corner of the streets, and also before you come to the Gates) presse upon you, importuning you to take your lodging at such and such an house, neere to such and such a Bath, extolling the Baths neere which they dwell, above the rest, respecting altogether their own gain, not your good or welfare. And when they have gotten you into their houses, they will be ready to fit you with a Physician (perhaps

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a Doctor of their own creation, as some Emperick, upstart Apothecary, or the like, magnifying him for the best Physician in the Towne) that will not crosse them in removing you to another Bath, though the Bath neere which you are placed, be altogether contrary to your infimities & state of body, or at least, not so convenient as some other. And this also a special reason, why many oftentimes receive rather hurt than good by the use of the Baths.

My Counsell therefore to the learned Physicians shall be this, that they so tender the good of their Patients, and their own worth and reputation, as that for base gaine they subject not themselves to these kind of people, in hope to get Patients by their meanes; and to the Patients, that they fall not by any meanes into the hands of Empericks, who, by their ill qualified Physick, will spoyle their bodies. and by reason of their pragmaticall nature, perswade and put them to unnecessary & preposterous courses, which cannot but produce disastrous effects.

But seeing that no calling is more disgraced, than by the men of the same calling, I wish all professors of Physick to carry themselves worthy of their calling, to be faithfull and honest in their courses, not to insinuate with any, or after the manner of our Bath-guides, presse upon them to bee retained. If an Emperick or Mountibank seek about for work, I blame them not; let them deceive those who will be deceived; but for such as are graduated in the noble faculty of Physick to do so, it is Fidler-like:

Bathe *being a place, in regard of the Baths, that many resort unto for cure of infirmities, that cannot receive help elsewhere; it were to bee wished, that Empericks, and all other whatsoever they bee, being not Graduates in the faculty of Physick, were utterly probibited to practise in the City, or neere to the confines thereof.* idque sub pœna gravissima.

a note, if not of some unworthinesse in them, I am sure, of a base mind. Let those therefore that are Physicians indeed, strive to maintaine the reputation of their Art, and not by a base insinuating carriage, or Mountibank-like tricks, to get a note and repute, vilifie their owne worth, or disgrace so noble a Faculty.

But to draw to an end, when you shall for your health repaire to the Baths, be cautelous, and suffer not your selfe to be taken up by such as will presse upon you; but rest your selfe at your Inne, and be well advised by a Physician that knowes the nature and use of the Baths, and can well judge of your infirmities and state of body, what Bath shall bee fitting for your use, and then take up your lodging accordingly: which course if it were observed, and the Physician carefully and learnedly performe his part, I am perswaded that many mo than now do, would, for their infirmities, finde remedy at the Baths, to the great honour of the place, and that scarcely any would depart thence, but much eased and bettered in their state of body.

Thus much I thought fitting to advise and publish, concerning the nature and use of our Baths, and the rather, that such as prepostorously use them, as the greater part, I suppose, do, that resort unto them, may not erroneously detract from the admirable vertues of them: for unto us it doth yeerely appeare, by the miraculous effects they work, of what excellent efficacie they are, if they be rightly and judiciously used. And seeing that in the true

use

use of them, there are many things to be considered; I do therefore againe advise all such as are respective of their health, that they enter prizenot the use of them, without the counsell and direction of some honest and learned Physician resident at the Baths: which if they do, the *incommodum* may be *majus commodo*. And so I conclude this Treatise.

AN ADVERTISEMENT of the great utility that commeth to mans body, by the taking of Physick in the Spring, inferred upon the ensuing Question.

The Spring being the most reviving, flourishing, and temperate season of the yeere; whence is it, that sicknesses are more frequent in the same, and people sooner die therein, than in any other season?

THere may be two reasons yeelded for the same: the one taken from the Winter preceding, which, by reason of its moisture, filleth the body with crude and excrementall humours, and by its coldnesse, thickning, and compacting the same, quieteth them from fluxion. But the heat of the Spring approachiug, and working on those humours, rarifieth and dissolveth them; which thereupon fluctuating and putrifying in the body, are the cause of sickneſſe, unlesse they are expulsed by the force of nature, or timely help of Physick.

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The other reason may be taken from the inconstancy of the Spring it selfe, which sometimes is cold, sometimes hot, sometimes moist, and sometimes dry: which sudden alterations cannot but produce severous distemperatures, and other infirmities, according to the disposition of the matter congested in the body, the Winter preceding. From which it may bee concluded, that the sicknesses and death of people, which happen more frequently in the Spring, than in any other season of the yeere, are not so much to bee attributed to the Spring, as to the Winter which hath filled the body with superfluities, and prepared it for sickness.

The utility of Physick taken in the Spring.

Wherfore whosoever will be so provident, as by the timely help of Physick, to free his body, as his state and constitution shall require, of the superfluities congested in it by means of the Winter going before, he shall be sure to be farre more lively, healthy, and free from sickness in the Spring, than in any other season of the yeere, so as hee erre not overmuch in other things. And this purging of the body, and purifying of the blood in the Spring, will not only preserve from sicknesses that commonly reign in the Sring; but also bee a meanes to keep the body in a perfect integrity the whole yeare after: and therefore I commend the taking of Physick in the Spring to all generous people, to them that lead a geniall sedentary kind of life, especially to such as are subject to obstructions or any yeerely disease.

You may here demand of me, what time of the

Spring

What time of the Spring is best for Physick.

Spring is fittest for Physick by way of prevention? I answer, that for them that are wont to be affected with sickness in the Spring, and whose humours are too cholerick and thinne, and consequently subject to fluxion, it is best to take Physick at the very beginning thereof; but for others, about the middle, or after, especially if the precedent time shall be cold and not Spring-like.

Whether it be so requisite to take Physick in the Fall, as in the Spring.

You may also here demand of me, whether it be not so necessary to take Physick in the Autumne, which we commonly call the Fall, as in the Spring? Whereunto, in regard of a generality, I must answer no: because the Summer prepareth not the body for sickness, filling it with superfluities, as doth the Winter; yet for some bodies it is, as for them that naturally abound with crude and phlegmatick humours, that are subject to obstructions, to cold winterly diseases, or any melancholick affects, as necessary to take Physick by way of prevention in the Fall, as in the Spring; and that for avoyding the superfluities before the Winter, for opening the obstructions, and freeing the bodie of superfluous melancholy, which then, by reason of the season, encreaseth. And the fittest time for the doing thereof, for such as are subject to melancholy and Autumnall diseases, is soone after the beginning of the Fall; but for others, towards the middle thereof.

Advertisement to bewware of Empericks.

But here I must advertise you that you expose not your body to the unlearned Emperick, that can neither finde out the peccant humours, nor parts affected; but to such as are learned in that Art that

that can well judge of your state of body, and accordingly prescribe you remedies, as your constitution and affected parts shall require. Many men think, yea some of a generous note, wherein they bewray their carelesnesse, if not their stupiditie too, that whilst they are in health, they may for preventon, take Physick from any one, it matters not from whom it be, nor what Physick it be, so it work with them. I must tell you, that many overthrow their bodies hereby, and that there is no lesse Art and judgement required for preserving the body in health, than for curing of it being sick, if they did but know how the foure humors are or ought to be proportioned in their bodies, for enjoying according to their constitutions a sound and healthy state, they would, I am perswaded, be more cautelous than to commit themselves into the hands of the unlearned, who by their inconsiderate courses, take humors from them at an adventure, so well those which are not offensive, as those which are, to the utter subversion of the œconomie of the body; whereof though, perhaps, in regard of their strengths, they are not by and by sensible, which is that which only cloaketh the errors of Empericks, and as a vaile, masketh many mens eyes and understanding herein: yet they will, as I have in divers observed to their perill, by little and little incurre a lapsed state of body.

It is strange to see the ignorance of most people, how backward they are to give the learned Professors of Physick their due, ready to lay scandals

upon them: but forward to magnifie Empericks, their Physick, their honesty, their care; willing to excuse and passe over their grosse slips and absurdities: *O mira hominum stupiditas!* But proceeds this altogether out of ignorance? I suppose not: for doubtlesse many seek unto them, and magnifie their Physick, because it is cheap: but such are fooles and Gulles indeed, for they wrong, and even poyson their bodies with grosse and ill-qualified Physick, to save their purse.

But to answer the reasons, or rather the words which they produce and alledge in the favour and behalfe of Empericks: To what purpose is the working of that Physick which respecteth not the peccant humors nor parts affected, but to the overthrow of the body? What is a supposed honesty in a Physician without learning, but a snare wherein the ignorant do voluntarily entrap themselves? I say supposed: for I cannot think that man to be honest, that usurps a calling, which with a good conscience he is not able to discharge. Or to what purpose is the care that Empericks take about their prepostorous and il-composed medicines, but to the utter ruine of the patients body, as it too too unluckily happened of late to a Gentleman of good worth and note, who taking Physick by way of prevention of a Pil-boasting Surgeon, in a short space, by his ill-qualified and prepostorous Physick, incurred an incureable and mortall lapse of his stomack and liver, being in his constant age, and perfect strength of body. Vaine therefore and very absurd is that conceit, which many have in favour

vour of Empericks, *viz. If they doe no good, they will do no harme.* Admit that sometimes by their triviall pettie medicines, they do no harme; yet nevertheleſſe for that, I muſt tell you that they do much harme: for the ſick body relying upon their skill, and they being not able to direct and execute ſuch courſes as ſhall be fitting and effectuall to impugne the diſeaſe, while there is time fitting for the ſame, the ſickneſſe gets the maſterie, and then (perhaps) when the ſtrengths are too much weakned, and the diſeaſe become incurable, they ſeek help of the learned Phyſician. So baſely verily are moſt of our people affected to their health, that untill ſome practicall Miniſter, Pariſh Clark, Apothecary, Chirurgeon, or the like, have done their utmoſt hurt, they ſeek not to the Phyſician.

And here to vindicate our Art from calumnie, I cannot but taxe the moſt ſort of people, that being affected with any great or difficult diſeaſe, which by reaſon of the nature thereof, or contumacie of the peccant humours, will have ſuch progreſſe, as that it cannot in a ſhort time, by the medicines and beſt endevors of the learned Phyſician, how forceable ſo ever, be evicted, will reject their Phyſician, and betake themſelves, which is an abſurdity, *ſuper omnium abſurditatem*, to ſome ignorant ſottiſh Emperick, and every Good-wife's, medicine, to their great hurt, and oftentimes utter overthrow. But if it happen, that they recover thereupou, they lay an imputation upon the Phyſician, and grace their Emperick with the cure; whereas in very deed the matter of their diſeaſe was wholly, or at leaſt the

greatest part thereof, eradicated by such fit and powerfull remedies, as the learned Physician had formerly administred unto them: whereupon the residue of the cure was effected by the force of Nature, not by the weak endevors of the Emperick, or triviall medicines of any other whatsoever.

I have of purpose enlarged this Advertisement, and do leave it for a memoriall and Caveat to all posterity, especially to the Gentlemen of this our age, who, for the most part of them, very greatly wrong their judgements and understanding, in taking Physick of the unlearned; and wherin they do not only wrong themselves, but also give occasion of hurt unto others: for the meaner sort of people following their example, do the like, whereby it comes to passe, that in all likly-hood, more untimely perish (which I beleeve to be true in the Western parts of this kingdome) under the hands of Empericks, than die otherwise. Such as will not take notice hereof, *in Empericorum manus incidant.* And if any *Asinus Cumanus*, or *Terræ filius* shall object, that divers recover under the hands of Empericks; I answer in a word, that the recovery is not to be attributed to their Physick, but to the strengths of Nature, that beares up, both against the disease, and their prepostorous courses.

A CENSVRE CONCERNING THE WATER OF SAINT VINCENTS Rocks neere *Briſtoll* *, which is in great requeſt and uſe againſt the Stone.

* *Vrbs pulchra, & Emporium celebre.*

THis Water of Saint *Vincents* Rock, is of a very pure, cleare cryſtalline ſubſtance, anſwering to thoſe cryſtalline Diamonds and tranſparent ſtones that are plentifully found in thoſe Clifts. It is no leſſe commendable for ſmell and taſte, than delectable for colour and ſubſtance; and for its temperature, excels any other of this kingdom, being almoſt of a meane betweene heat and cold: I ſay almoſt, becauſe it is a little more inclined to cold, than to heat, which maketh it the more effectuall for allaying the burning heat of the bowels, and yet by reaſon of its good temperature, not quickly offenſive to the ſtomack, if it be not lapſed by cold.

The ſubſtance and temperature of the Water.

But before I deliver my Cenſure and opinion concerning the nature and uſe of this water, it is

From vvhat Minerals it receives its medicinable faculties.

fitting that I declare unto you the matter from whence it receives its medicinable faculties, and that is from Sulphur and Niter, and from both but in a small measure: for the water at its issuing forth, carrieth with it but an obscure heat, being scarcely lukewarme, and the reason thereof is, because the heat of the water, and strength of the sulphurous vapours are qualified and abated in the passages thorow the earth; or else it is, because this water issueth but from a small veine of Sulphur. And the note that it hath but little Niter in it, besides the probation thereof, is, because it can hardly, or not all in the taste be discerned, but by a curions and skilfull pallate for the purpose. I suppose that this water partakes of other good minerals: but I leave that for a farther search, or to such, as shall hereafter live more conveniently for that purpose, than I doe. But whatsoever minerals shall lie hid in the passages of this waser, it is sufficient, that it partakes of two so good as Sulphur and Niter, and that in such a mixture, as it makes it to be of an excellent temper, and medicinable facultie in potable uses for divers cases, as shall be hereafter shewed. It were to be wished, that the water issued forth in a more convenient place, aswell for accesse unto it, as for conserving the heat thereof.

This water is frequented for no other use, but for the drinking of it against the Stone: it hath also other excellent faculties; But I suppose (such is the vanitie of our time) that the fame thereof will not long hold, but will in short time have an end,

as

as ſome other waters of good force and efficacie againſt ſundrie infirmities, in divers places of this kingdome have had, and that by reaſon of the abſurd and prepoſterous uſe of it: for upon notice and experience that this water hath don ſome good againſt the Stone, people of all ſorts repaire unto it, ſo well ſuch as have not the Stone, as thoſe that have, or ſtand in feare thereof, and abundantly glut and fill themſelves therewith, till they vomit and ſtrout againe, ſcarcely one of fifty, I dare ſay, having the opinion of a judicious Phyſician for the taking of the ſame, or preparing their bodies for it as is meet; which cannot but bring a diſcharge to the water: for admit that a few chance to receive benefit thereby, ſome will not, but many much hurt. Neither can the water be good for all bodies that are troubled with the Stone, or ſubject thereunto: and therefore I would have you to know, that the ill and prepoſterous uſe thereof will weaken the ſtomack, ſubvert the liver, annoy the head and breſt, occaſion Cramps, paine in the joynts, breed crudities, rheumes, coughs, Cachexies, the Dropſie it ſelfe, and Conſumption.

The hurts that are occaſioned by the unadviſed uſe of the Waters.

But I will proceed to ſhew you the faculties and true uſe of the water. It notably cooleth the inflammations of all the inward parts, and yet, as I have ſaid, not quickly offending the ſtomack, as other Waters doe; and it is withall of a gentle mundifying facultie. It is therefore very effectuall againſt the burning heat of the ſtomack, inflammations of the liver and reines, and aduſtion of the humors, being taken with fine Sugar in this proportion,

The Vertue and Faculties of the Water.

proportion, as a dram of Sugar or there about to a pint of the Water. In such as have had hot livers, red pimpling faces, and adusted humors, I have caused a Tincture of Roses and Violets to be taken therewith, and that with singular successe. It may be given with other good convenient Adjuncts, which will not only make it the more gratefull to the stomack, but also more effectuall for the cases aforesaid, which I leave to the Physician to find out, and direct as shall be best fitting for his patients body. In inflammation and siccity of the intestines, it is good to give with this Water, syrup or *mel Viol. Sol.* In inflammation of the kidneyes with obstruction also in them, I have given it to such as had withall hot livers, with *Chrystallo minerali*, with wished effect, for the distemper of the kidneyes was not only quickly allayed therewith, but also abundance of sand and other drossie matter stopping in them purged forth.

That this Water is good against the Stone, Strangury, and purulent ulcers of the kidneys and bladder, it is evident, by reason of its mundifying and clensing faculty, to be taken with Sugar as aforesaid, or with some good and effectuall Adjunct, for the speedier carriage of it to the affected places, &c. which by reason of the diversity of bodyes, I cannot here describe, but must leave you therein to the advice and counsell, not of a vulgar, but of some learned judicious expert Physician, and that with this Caution, that if you be not sure of the accurate judgement and skill of your Physician, that you take the Water only with Sugar, without

any

any other mixture with it. This Water is also good in the ulcerations of the intestines, with this Proviso, that it be taken with some convenient Adjunct, as *Mel Rosat*, &c. to occasion the passage thereof thorow the belly, diverting it from the veines.

The use of the Water for inward inflammations.

As concerning the use of the Water, and first, for inward inflamations: The time of the yeere best for taking therof by way of cure or prevention, is in the months of Aprill, May, and Iune, and that in the morning fasting, the body being first prepared thereunto, that is, gently purged, according as the constitution thereof shall require; but in case of necessity, it may be taken at any other time, respect being had of the season, age, and present state of the body. As for the quantity that is to be taken every morning, and how long to be continued, in that, because of the diversitie of bodies, I must leave you to the discretion and judgement of your Physician.

Tenne Rules to be observed in taking of the water against the Stone.

As for the taking of this Water against the Stone, tenne Rules are to be observed in the use thereof. The first is the preparation of the body, that is, that it be exquisitely purged, before you attempt the use thereof: for the passages being cleared, and the ill matter diverted by Stoole, the Water will the more freely, and with greater force penetrate unto the reines.

The second is, that it bee taken in the morning fasting, the excrements of the belly being first deposed, and that at divers draughts, allowing betwixt every draught or two draughts taken the one after the other, the space of a quarter of an houre,

or somewhat more, till you have taken the whole portion of Water that is intended to bee taken each morning, walking and stirring gently your body betweene every taking: for that will cause the Water to bee the sooner distributed thorow your body, refraining to go abroad in the aire betweene and upon the takings thereof, if the weather shall bee any thing cold; for cold will hinder the distribution of the Water. And here it is to bee advertised, that if the body shall be costive, or inclined thereunto in the use of the water, that there be sometimes a glister administred about an houre before bedtime.

The third is, the quantity of the Water that is to be taken every morning, which must be directed by your Physician that knowes your age and state of body. The fourth is, how many mornings together it is to bee taken, as eight or ten more or lesse, according to the ability of the stomack, strength and state of body, wherein you must likewise bee directed by your Physician.

The fift thing to be observed in the taking of the Water is, to take it so neere as you can, in the same temper of heat as it issueth forth, or else so hot as you shall be well able to drink it: and herein every one may gratifie his owne stomack. But seeing that for them that are impotent in their limbs, the place is unfit for the taking of it, and that the Water seemes, by reason of the rawishnesse of the place, to be colder at its issuing forth than it is otherwise: for being taken into a stone lugge, it warmeth the same; I advise that the water be taken into stone lugges,

or

or other convenient bottles, and the Iugges or bottles to bee immediatly ſtopped, to keep in the vapours, and ſo the water to be taken while it reſerveth its heat; but if the water ſhall waxe cold before you take it, you may heat the Iugge in a kettle of hot water, till it ſhall bee ſo hot as you ſhall like to take it, keeping the Iugge cloſe ſtopped all the while: and ſo you may doe ſuch mornings when you cannot have the water, it being all overcovered by that part of the Severne that floweth to the Cittie. If you demand of me, whether the water loſeth any thing of its vertue, being ſo kept? I muſt anſwer you, that it is likely that it loſeth ſomewhat of its ſulphurous, but not any thing of its nitrous quality, and therefore it may bee well reſerved, and uſed in manner as aforeſaid.

The ſixt is the time of the yeere that is beſt for the taking of this Water, and that is, in a ſeaſon that is not cold, or rainy; but hot, or inclining thereunto, as from the beginning of May, to the middle of September; but after that, in regard of the alterations of the ayre, and Winter approaching, this Water is not good to be taken, becauſe it is will weaken the ſtomack and liver, annoy the breſt, breed crudities, Coughs, &c. as I have already ſhewed.

The ſeventh is the diet that is to be obſerved all the time of the taking of the Water, which is, that it muſt bee but ſlender, and that of meates of good juice, and eaſie digeſtion, the dinner not to be taken, till the greater part of the Water be avoyded, and the ſupper muſt bee alwaies leſſe than the dinner,

that the Stomack may be the next morning emptie for receiving of the Water againe.

The eighth is, that the body bee purged immediately after the taking of the Water, that is, when an end is made of taking it, for avoyding some reliques thereof, which perhaps may abide in the body after the use of it, which the Physician must be carefull to doe with a fit medicine. Afterwards a moderation in diet and all other things is to be observed. I have known some that about a day or two before they have made an end of drinking the water, to have fallen into a looseneſſe by ſtoole, which may happen in regard that the body is satiated and glutted with the water; and yet to them I have exhibited a fitting hydragog medicine to evacuate the reliques of the water, which wrought very plentifully and well: and this I leave as an observation for others to follow in the like case.

The ninth is, that it bee not given to children, that are subject to the Stone, under twelve yeers of age, unleſſe they shall be naturally of a very hot constitution, and that, to them in quantities proportionable to their age. Neither is it to be admitted to them that are entered within the limits of old age, because it will abreviate their life, *calorem innatum extinguendo.*

For what bodiestic use of the Water not convenient, but hurtfull.

The tenth and last thing to be considered in the use of this Water, is, that it be not given to such as by reason of the smalneſſe and straightneſſe of their veines, cannot excrete and passe it away by urine, though the infirmities of the Stone, Stranguries, &c. may otherwise require the use thereof. Neither is

it to be given to ſuch as have cold ſtomacks, weake livers, feeble braines, and ſubject unto Rheumes; in a word, not to phlegmatick, nor to any that abound with crudities, or have a cold and moiſt habit of body: for in all ſuch it will ſoone infringe the naturall heat, breed Rheumes, annoy the breſt, occaſion Cramps, and divers other infirmities, as I have afore ſhewed. But if in uſe of the Water you ſhall finde a very great heavineſſe in your head, and a ſleepie diſpoſition, it will bee beſt for you then to give over the uſe of it, and to purge forthwith, leſt by continuing of it, and overcooling the braine, and filling it with waterie ſuperfluities, you incurre a Lethargie, or Palſey, or ſome other debilitie and affect of the limbs and ſinewes; which I have known to have happened unto ſome, that without adviſe, or fitting preparation have uſed this Water.

The ſame obſervations muſt be kept in taking of this water againſt the Strangurie and ulcerations of the bladder and kidneys, as is directed in taking thereof againſt the Stone. In which affects it is good to give therewith ſome lubrifying, clenſing extract, or the like. And here note, that if the Water in all the aforeſaid caſes be given with a fit and convenient Adjunct, it will not only be the more effectuall, and ſooner conveyed to the affected parts, but leſſe quantities alſo may ſerve to be taken; and then the ſtomack will not be ſo overpreſt and charged therewith, as it is in the common manner of taking it. But if it bee at any time fit to overcharge and preſſe the ſtomack therewith, it is in caſes of the Sran-

gurie and purulent ulcers of the bladder and kidneys.

I may not omit to give you notice, that divers symptomes or perillous accidents may happen oftentimes in the use of this Water, which, because they cannot be well rectified or prevented without the presence of a Physician, I here omit to nominate or treat of, and in stead thereof, as also for divers reasons afore nominated, doe advise you not to adventure the drinking thereof, without the advice and presence of a judicious Physician; which if you do, you may haply in stead of the good you expect therby, receive much hurt. As for outward uses, this Water may somwhat asswage the Itch, mundifie and palliat old Sores; but no matter of moment is to be expected from it this way. And thus much concerning the nature and use of this VVater, whose Vertues will be better known, if people make a right and good use thereof.

FINIS.

A

Briefe and Accurate

TREATISE

CONCERNING

The taking of the Fume of

TOBACCO,

VVhich very many, in these dayes, doe too too licenciously use.

In which, the immoderate, irregular, and unseasonable use thereof is reprehended, and the true nature and best manner of using it, perspicuously demonstrated.

By To. Venner *Doctor of Physick in Bathe.*

LONDON,

Printed by *R. Bishop* for *Henry Hood*, and are to be sold at his shop in Saint *Dunstans* Churchyard in Fleetstreet. 1637.

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In which, the immoderate, irregular, and unsufferable use thereof is reprehended, and clearly manifested and both theorically and practically, perspicuously demonstrated.

By T. VENNER Doctor of Physick in Bristo.

LONDON,

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A briefe and accurate Treatise, concerning the taking of the fume of TOBACCO, which very many in these dayes do too too licenciously use.

THE hearb TOBACCO is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* give unto it: for it was called TOBACCO by the *Spaniards*, by reason of an Island so named, which abounded with this hearb: and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gave the intelligence thereof unto them. But the *Indians* call it *Petun*, or *Petum*, which indeed is also the fittest name that both we and other Nations may call it by, deriving it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of it, it is hot and drie in the third degree, and hath a deleteriall, or venemous qualitie, as I suppose: for it being any way taken into the body, it tortureth

The nature of Tobacco.

and disturbeth the same with violent ejections both upward and downward, astonisheth the spirits, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumming qualitie thereof, it is best perceived upon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumming sleepinesse of the limbes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hot, hath notwithstanding a benumming qualitie; which, because it cannot depend of an extreame cold qualitie, the hearb being very evidently hot, it followeth, that it is hot and and benumming, not benumming by reason of its temperature, but through the propertie of its substance. There is in the juyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by meanes whereof, it is of ineffable force for the speedy curing of any wound or cut in the flesh, or soares, ulcers, scabbs, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected, (as I conceive.) And thus much briefly concerning the nature of *Tobacco*.

An objection of our vulgar Tobacconists.

Before I passe to deliver mine opinion concerning the use and faculties of the fume, I must cleare an objection of our vulgar Tobacconists, which I seeme to heare them make against the noysome qualities that I have averred to be in *Tobacco*, saying;

saying; that upon the taking thereof they find no tortures and violent ejections, or stupifyings of their members and senses. To whom I may answer, that the immoderat use of *Tobacco* hath made them *Insensibiles*, without sense. But let it be admitted, that upon taking of the fume, they find not those malignant effects; yet it convinceth not my assertion, because that by long use and custome, it becommeth familiar to their bodies. And thus much by the way to our licentious Tobacconists, who spend and consume, not only their time, but also their health, wealth, and witts, in taking of this loathsome and unsavorie fume. Now I come to speak of the smoakie fume and faculties thereof, which is taken through a pipe for that purpose, into the mouth, and thrust forth againe at the nostrils, and is of some also sucked into the stomack and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moyst cause.

Solution.

The *Indians*, from whom we received this manner of taking *Tobacco*, were (at the first) only wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would presage of things to come: for the fume procuring first a drunken-like lightnesse of the head, and thereupon sleep, with sundry phantasmes or visions, was the cause that upon their awaking they found themselves (through their sleep) greatly eased, and refreshed, and could, by reason of the somnorine visions which this fume doth greatly occasion, presage (as they fondly conceived) the event of any businesse, or matter of importance,

Sleep and vain dreames, two effects of Tobacco for which the Indians used it.

that they desired to know, or were delighted in.

First they took the dried leaves of *Tobacco*, and cast them on the coales, then they received the smoake of them at their mouth and nose with a kane, and continned the taking thereof so long, till that they fell into a drunken trance and sleep, wherein they continued as dead three or foure houres, according to the quantity of smoak that they had taken. The fume having done his work, they awakned out of their sleep, and fouud themselves eased and lightned, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I have said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visions, which this fume suggesteth.

But this custome of taking the fume, hath so farre bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they have so great a pleasure, as that they desire nothing more than to make themselves drunken and drowsie with *Tobacco*. And thus much for the originall of the fume. I will now leave the *Americans*, and come to our *Europeans*, who (well-neare) use the fume of Tobacco with as much excesse as they doe.

Many of our people, and that of all sorts, doe greatly affect the taking of Tobacco; but few of them respect whether it bee profitable to their bodies:

dies: for moſt take it, rather for cuſtome and delight, to entertaine and paſſe away the time, than for any neceſſity or utility that they have of it: whereby it commeth to paſſe that ſome judge very hardly of Tobaccos fume, and utterly diſclaime the uſe thereof. In conſideration whereof, I was moved to publiſh this Treatiſe, ſhewing therein the faculties and right uſe of the fume; of ſome (as I know) greatly deſired: and withall, taxing the ignorance, or rather petulancy of many, that in theſe dayes doe take it without any reſpect had of the time, age, or conſtitution. A work (I hope) no leſſe pleaſing, than profitable.

For mine owne part, I confeſſe, that though I am in no wiſe delighted with the fume of Tobacco, partly for the malignity of its nature, but eſpecially, becauſe of the deteſtable ſavour or ſmack that it leaveth behind upon the taking of it: yet I do not altogether condemne the uſe thereof, but rather approve it as neceſſary and profitable for the rheumatick, and ſuch as are of a cold and moiſt conſtitution, and in cold and moiſt ſeaſons, ſo as it be taken in congruent manner, that is, both moderately and ſeaſonably, as ſhall bee heereafter ſhewed, for it helpeth the braine that is over cold and moiſt, reducing it by its heating and drying facultie unto a temperature: it taketh away rheumes and windineſſe of the head, and is profitable for all cold affects of the braine and ſinewes, by reſolving and conſuming the crude and windie ſuperfluities of thoſe parts: it doth (for the time) expell melancholie, and excite lumpiſh ſpirits: it helpeth paines

The vertues of Tobaccoes fume.

of the teeth, swellings of the gummes, & aches of the joynts: it preventeth putrefaction of humours, by drying up the crudities of the body, & is very profitable upon taking of cold, & for all cold & moist affects of the stomack, brest & lungs. It is a speedy remedie upon a surfet *, by making a sudden evacuation both upward & downward of such things as are contained in the stomack, and by the like reason it doth, in an instant, remove windie torments of the stomack, and bowels, that proceed of crude humours, and helpeth the fitts of the mother: in a word, it is (being rightly used) availeable against all cold and moist distemperatures. But to such as are not of a cold and moist constitution, nor affected with rheumes, it is not, though it bee only retained in the mouth, & poured forth at the nostrils, but by way of precaution, and that with good advisement to be permitted, as I will hereafter shew, & the reason is, because this fume which is hot and dry in the third degree, ascending to the braine, doth not only greatly heat and distemper it, but also the animall spirits, whereupon oftentimes the senses are confounded, and the understanding perverted.

* *Imbibitus*, that is, taken dovvn.

This custome of taking the fume dovvne into the stomack and lungs very pernicious.

As touching the taking of the fume downe into the stomack and lungs, I utterly disclaime as pernicious, except it be done by way of Physick, one or another of the aforesaid affects, impensively requiring it, both by reason that it is of a very turbulent and sickly operation, and also, because it being excessively hot, over heateth, and dryeth the liver, marreth the concoction of the meats, and deturbeth them undigested from the stomack, if it bee taken

before

before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regard of their great use and continuall motion) of soft and spongie substance, are by the immoderate heat and siccitie of this fume, quickly dried and coarctated, and consequently become unapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an errour they persist, that usually, or for every light occasion, imbibe or take downe this fume.

Now that which hath been spoken concerning the use of this fume, is not so precisely to be taken, as that it is at no time lawful or convenient for such as are not by nature rheumatick, or cold by constitution to use it: for it is sometimes allowable for every one, except for him that hath a very drie distemperature of the braine, to take this fume by way of prevention. For examples sake, if any one that is not subject unto rheumes, shall travell, or take a journey in mistie, stormie, and raynie weather, especially in the winter season, I say, that it may be expedient for him, although hee bee not rheumatick, or of a cold temperature, to take a little, as foure or five draughts of this fume so soone as he shall be entred into his house or Inne, for the preventing of rheumes, or other harmes that may chance to him by meanes of the grosseneſſe or impuritie of the aire.

But mee thinks I heare many that are not by nature rheumatick, nor of a cold temperature of body, lovers of this fume, or that I may more rightly speake, An obiection of our vulgar Tobacconists.

speake, abusers, and luxuriating in this kind of evill, for cloking of their vicious custome, to object against me after this manner: We find by daily experience, that the fume of Tobacco doth draw from us very many rheumatick humours: wherefore the use thereof is not onely allowable and good for the rheumatick, and such as are of cold temperature. I doe deny the argument; and also reject their experience: for their lewd and preposterous custome in taking this fume is convenient for no constitution or state of body: for, one while they take the fume, another they drink, and so continue by turne, untill they fall asleep, vomit, or be drunk: wherefore it is no marvell that upon the use of the fume they excrete very many rheumatick superfluities, seeing that by this their prepostero-

• lution.

rous and unreasonable mingle-mangle of smoak and drink, farre more crudities and superfluities are bred, than can by vertue of the fume be consumed or excreted, as it is to bee seene in them that are given to Tobacco, and the Pot, whom you may see to have tumid and smokie faces, with turgid and flatulent bellies.

Heere also some, I know, which are delighted with the drinking downe of this fume, that I may so speake, will object against that which hath bin spoken against that manner of taking it, namely, that upon the taking of it downe after meat, they find no perturbation or offence, but rather, very great commodity, by furthering the concoction. I must tell them, that in this they are grosly deceived: First, because their daily custome of im-

Another objection.

bibing

bibing the fume taketh away the sense of perturbation; for by use and custome, any thing (though contrary) is made familiar unto Nature, as I before have touched: Secondly, they are no lesse deceived, thinking by imbibing the fume, that the concoction is furthered, being not able to distinguish between concoction & distribution: for it is the worst thing, and most pernicious to the bodie, to occasion the distribution of the meates before they are concocted in the stomack; which they doe, that imbibe or drink downe the fume after meat. And verily, the cause of this their errour, is some emptinesse of the stomack, or provocation to stoole, which they feele upon the receiving of the fume, not considering, that this their emptinesse and ill distribution of the meates, and consequently, provocation to stoole, proceed from the purgative faculrie of the fume. Wherfore I would have them to understand, that though they seeme to be well for the time, either by reason of their youth, or of a strong constitution of body, that this prepostrous taking of the fume, will upon the sudden, ruine the state of their bodie, by spoyling the stomack, destroying the concoction, and filling the whole body with crude and noysome superfluities.

If they shall againe urge to shunne these discommodities, and maintaine another custome no lesse pernicious, that they will take the fume about three or foure houres after meat, when the concoction is effected, for deturbing or driving down the reliques of the meats, and crudities that shall bee in the stomack, I would have them to know, that the hurt

will bee farre greater than the profit: for besides that, in this they pervert the operation of Nature, they greatly also annoy the lungs, disturbe and infringe the spirits, corrupt the breath, and destroy the sanguifying facultie of the liver. I marvell verily at the madnesse of these men. For, what is there in the fume that should so greatly occasion delight? Not the smell, because it is unpleasant, much lesse the savour, for it is stinking and fuliginous.

Besides these idle affectors of Tobacco, there are also some who are grave and seemingly wise and judicious, that take it moderatly, and most commonly at fixed times; but with its proper adjunct, which (as they doe suppose) is a cup of Sack, and this they think to bee no bad physick; nay, they so relie upon this sacred medicine, as the most of them become detractors both of Physick and Physicians, for which cause they shall not passe without my tax. As for Sack, it is without all controversie, very helpfull, comfortable and agreeable to mans nature, as I have shewed in my Book, which is entituled, *Via recta ad vitam longam*. Tobacco is not so, but rather oftentimes hurtful, especially if it be not judiciously used. But whether Sack be good to be taken upon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynick detractors (for such you shall find most of them to be (*a*) I must tell them,

(*a*) There is also no other reason why very many of our people, in their sickneſſe, expose their bodies to bee corrupted, I cannot say cured, to ignorant usurping Potiearies, and other base illiterated Empericks, who are (contrary to the Lawes) every where permitted to exercise Physick, to the dishonour of God, disgrace to the Faculty, hurt of our people, and shame of our Nation.

that

that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaves to their purses, and therefore seeke not in their necessities, Physick helpes, and counsell from such as are learned in that facultie; or else, it is because they deeme all expense lost, besides that which adornes the back, or oblectate the pallate and throat. And so I leave these to their Physick, and the common Tobacconists to their sleeping between the Pot and the Pipe, and come now againe to shew the right use of Tobacco.

Although it be apparent, by that which hath bin hitherto delivered, that the taking of *Tobacco* is only convenient for cold and moyst bodies, that the often and daily use thereof is only allowable for them that have their stomack, brest, braine and sinewie parts exceedingly cold, and stuffed with crude and rheumatick humors, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true use and application of the fume, as namely, when to vse it, how often, in what manner and measure, and what to observe after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prove more hurtfull, than beneficiall unto him that taketh it. Wherefore I wish him that desireth to have the true use of *Tobacco*, to receive from me, and carefully observe ten precepts in the use thereof.

Ten precepts to be observed in the use of Tobacco.

The first is, that it be most commonly taken a lit-

tle after meales, and that for two respects. The first is, because the native and digestive heat is not a little comforted by the translation of the heat of this fume, *mediantibus nervis*, from the braine to the stomack. The second is, for the consuming of vapours, and preventing of their hurts, which in many are immoderatly wont to ascend after meale: for by meanes of the fume detained in the mouth, and thrust forth at the nostrils, those superfluous vapours are in part consumed, the braine which by nature is over cold, and moyst, heated and dried, and consequently, not so soone annoyed by the vapours which do ascend unto it.

The second is, that it be sometimes also taken mornings fasting, after a little stirring of the body, and also sometimes about a quarter of an houre before dinner and supper, but especially at the time of the going to bed, in whom the condition of the body, as a very cold and moyst constitution; and some accidents, as rheumes, catarrhes, heavinesse of the head, and cruditie of the stomack; or circumstances, as a moyst, foggie, and wateriſh season, shall for the preservation of the health, indicate the use thereof.

The third is, that at meales between the eating, it be at no hand taken, as some fondly do, because it dejecteth the appetite, interrupteth and spoyleth the concoction.

The fourth is, that the taking thereof be chiefly observed after travelling in misty, foggie, and rainy weather, because it preventeth catarrhes, and

rheumes,

rheumes, and taketh away all hurts, that are wont, by reason of the humiditie and grosseneſſe of the aire, to happen to the head and other parts. For the taking thereof at ſuch time, is convenient for every ſtate of body, except where there is a dry conſtitution of the braine, as hath beene formerly ſhewed.

The fift is, that it be taken with moderation, not exceeding the quantity of a pipefull, or two, at a time: for every thing that is ſuperfluous, is very adverſe to Nature, and nothing more than *Tobacco*.

The ſixt is, that you drink not between the taking of the fumes, as our idle and ſmoakie Tobacconiſts are wont, becauſe thereby the operations of the fume are hindered, and more ſuperfluities commonly bred, than can by the efficacie of it be conſumed.

The ſeventh is, that taking of the fume before meales, you eat not, nor drink any thing within a quarter of an houre after; but allowing that ſpace for the operation of it, you may then waſh your mouth with Beere or Wine, to take away the fuliginous ſavour of the fume, and alſo drink a draught of Sack, if the ſtomack ſhall be cold, or abound with crude and flatulent humors, and ſo goe to your meale. For to waſh your mouth; but eſpecially to drink preſently upon the taking of the fume, doth much hinder the operation of it. And if it be after meales, rub well alſo your gummes and teeth with a drie napkin, and afterwards chew in your mouth ſomething of an aromaticall ſavour, as nut-

meg, citron pill candied, or the like, which do not only take away the fuliginous and stinking savour of the fume, but also give comfort to the braine and spirits. Tables made with an ounce or two of fine sugar dissolved in Fennell water, and three or foure drops of oyle of Anisseed added thereunto, are very good to be eaten upon the taking of *Tobacco*, for they excellently correct the evill savour and smell of the fume, make the breath sweet, and also resolve windinesse of the stomack; or else to swallow down, especially at the time of going to bed, the quantity of a prune of the Conserves of Rosemary flowers, , and red Roses mixed together in equall quantity, which do comfort the stomack and head, and prevent rheumes.

The eighth is, that in drawing of the fume, you suffer it not externally to affect your eyes: for it is unto them, by reason of its smokie, drying, and fuliginous nature, very offensive.

The ninth is, that you warily draw the fume out of the pipe, not sucking it into your winde-pipe and throat, with a sudden, or strong attraction: for then it will exasperate the winde-pipe, and much offend and disquiet the lungs and the mouth of the stomack.

The tenth and last is, that you goe not abroad into the aire presently upon the taking of the fume, but rather refraine therefrom the space of halfe an houre, or more, especially if the season be cold, or moyst, because the pores of the body being open, by meanes of the strong working of the fume, even

to

to the outtermost, and superficiarie parts of the body, ineffable hurts may happen, by the sudden accesse of the aire. Hence you may observe how idle and foolish they are, that cannot travell without a Tobacco pipe at their mouth; but such (I must tell you) are no base Tobacchians: for this manner of taking the fume, they suppose to be generous. Let these fume-gallants enjoy their vanity, and for their better grace, it were good they were also attended with Chymney-sweeping Lackeyes.

Now from that which hath beene said, you may collect a two-fold manner of taking of Tobacco, which ought to be altered and observed, according as occasion, and the particular state of him that taketh it, shall require. The first is, a detaining of the fume only in the mouth, and thrusting it forth againe at the nostrills, for heating and drying of the braine, and for dissolving and dissipating of cold humors, and superfluous vapours that reside in it. The other is, a receiving of it into the stomack and lungs, for consuming and deturbing of crudities and windinesse, that shall offend in those parts. But I advise that the fume be seldome taken down, and then neither, but some great necessity, or extremitie urging it, both because it greatly offendeth the body with its violent operation, and also for that it may, by reason of its exsiccating nature, be very hurtfull to the lungs, liver, and milt, as I will by and by shew. Wherefore my counsell is, that some safer remedie (if time shall permit) be used for consuming and deturbing of the flatulent crudities of

The fume of Tobacco ought not to be taken downe upon every light occasion.

of the stomack and bowels. And if it be at any time good to be taken down, it is upon a surfet.

Whosoever therefore thou be that desirest to know whether the fume of *Tobacco* may be profitable, or hurtfull to thy body; thou oughtest first to consider, whether it be convenient for thy head: For if thy braine be over cold and moyst, or abound with superfluous matter, then the detaining of the fume only in the mouth, and forcing it out at the nostrils may be profitable unto thee. For by this meanes the fume ascending to the braine, doth not only by its heating, attracting, and exsiccating facultie, extenuate and consume the superfluities in it, but also in some measure, reduceth the same to its native temperament.

Such as are affected with a dry distemperature of the braine, must verie warily (when they are annoyed with rheumes) use Tobacco's fume.

But here by the way it is to be noted, that it may sometimes happen, that some may have their heads accidentally stuffed with rheumatick matter, although the braine it selfe be not in its native temperature over cold and moyst, but is rather enclined to a dry distemperature. Wherefore I advise such, to take the fume with very great caution and moderation, as at one time not to exceed the quantity of six or seven draughts at the most, lest it should cause greater hurt to the braine and spirits, by encreasing a dry distemperature of the braine, and incensing the spirits, than commoditie in discussing and consuming the cold and waterish superfluities, wherewith the braine was accidentally oppressed, which in some I have observed to come to passe, that have without measure and judgement used this

this fume. The like caution must be observed in taking of this fume, of them, that have moyst and rheumatick braines; and yet are of a hot and drie temperature of body, such as are the cholerick, who are commonly much infested with rheumes by the ascending of too many superfluous vapours to the head, occasioned by the immoderate heat of the liver and stomack. Such, I say, must also take the fume with great caution and moderation, lest in taking it for the rheume, they over heat, distemper, and consequently ruine the whole habit of the body. Secondly, you must diligently consider whether the fume of *Tobacco* be convenient for the stomack, lungs, and liver, for if crude and windie humors abound in the stomack and bowels through a cold imbecillity of the liver; or if a cold distemperature, and thinne, crude, and flatulent humors domineere in the lungs, then the imbibing also or taking downe of the fume into those parts, may, so the stomack be empty of meats, be sometimes tolerable, yea profitable, especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exsiccating, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and forthwith expurgeth the offensive humors. But by reason of its turbulent and sickly operation, I cannot commend the often use thereof, nor at any time approve it to them that are of a weak and valetudinary state of body. Here therefore two cautions do offer themselves to be observed concerning the

Two cautions to be observed in taking the fume of Tobacco down.

the imbibing, or taking down the fume: the one in respect of the lungs; the other, in respect of the lungs and liver too. For if the lungs be obstructed of a thick and clammie humor, or subject to such obstruction, then the taking down of the fume is very pernicious, because it doth by reason of its heat and siccity, more harden and condense the humour, by meanes whereof, it is altogether unfit to be excreted. Neither in this case, for the same reason, is the taking of the fume only in the mouth, and thrust forth at the nostrils, to be approved. From hence it is manifest, with how great prudence, caution and providence, we are to use heating & drying remedies in affections of the lungs. In like manner also the taking down of the fume, is very pernicious to them that are affected with a drie distemperature of the liver, or lungs, although the stomack and intestines shall sometimes be annoyed with crude and flateous humors, because it will cause greater hurt, by encreasing the distemperature of those parts, than commoditie in discussing and purging forth the crudities of the stomack and bowells. And therefore (in mine opinion) it is farre better, in such case, altogether to abstaine from taking down the fume, and to use a more safe and easier remedie.

Cautio practica.

The like caution must also be observed in respect of the milt that is obstructed, or subject to obstruction. And here it is especially to be advertised, that *Tobacco* any way, or at any time used, is most pernicious unto drie melan-cholerick bodies, because the fume, by reason of its heat and siccitie, doth not only

Tobacco most pernicious to melan-cholerick bodies.

only greatly distemper them, but also causeth the bloud to wax more melancholick, and to be adusted, and the melancholie humor that resideth in the Spleene, as in its proper receptacle, to be indurated, from whence divers calamitous miseries do commonly arise. Wherefore I advise all such as are of a melan-cholerick constitution, utterly to shun the taking of *Tobacco*.

Now that I may impose an end to this businesse, I will summarily rehearse the hurts that *Tobacco* inferreth, if it be used contrary to the order and way I have set down. It drieth the braine, dimmeth the sight, vitiateth the smell, hurteth the stomack, destroyeth the concoction, disturbeth the humors and spirits, corrupteth the breath, induceth a trembling of the limbes, exsiccateth the winde pipe, lungs, and liver, annoyeth the milt, scorcheth the heart, and causeth the bloud to be adusted. Moreover it eliquateth the pinguie substance of the kidnies, and absumeth the geniture. In a word, it overthroweth the spirits, perverteth the understanding, and confoundeth the senses with a sudden astonishment and stupiditie of the whole body. All which hurts I affirme, that the immoderate and intempestive use of *Tobacco* doth effect, both by reason of its temperament; but especially through the propertie of its substance: Wherefore the use of it is only tolerable by way of Physick, not for pleasure, or an idle custome.

The discommodities of Tobacco, being immoderatly, and untimely used.

To conclude therefore, I wish them that desire to have *mentem sanam in corpore sano*, altogether

to abandon *insanum præposteruumque Tobacci Vsum.* This is all which seemed good unto me to be written of Tobacco's fume, partly for shewing the right manner of using it, but especially for reproving the too too licentious, liberall, and intempestive taking of it, which very many, in these dayes, do to their own ruine lewdly, and for want of better imployment foolishly affect.

FINIS.